

Guide to Youth Resources in **Frederick County**

**A directory of services and programs for youth in
Frederick County, Maryland**



This guide is produced by The Frederick County Juvenile Delinquency Prevention Policy Board

Download this guide at:

www.frederickcountymd.gov/ocf
www.cityoffrederick.com/police

The Juvenile Delinquency Prevention Policy Board of Frederick County is proud to present the 2014 Guide to Youth Resources in Frederick County.

This guide is arranged by various need categories – it is recommended that you contact the organizations to ensure the most up to date information.

The information contained in this Youth Resource Guide does not reflect any recommendations or endorsement for the facilities, programs, or professionals listed. The Juvenile Delinquency Prevention Policy Board and its members assumes no liability for any act or omissions of such facilities, programs, or professionals.

Frederick County Juvenile Delinquency Prevention Policy Board

The Juvenile Delinquency Prevention Policy Board (JDPPB), a subcommittee of The Local Management Board, is comprised of an interdisciplinary team of professionals committed to the prevention and early intervention of delinquent activity. The JDPPB serves as a subcommittee of the Local Management Board in identifying risk-factors, effective programming, and outcomes in delinquency prevention. The JDPPB continues to discuss and monitor disproportionate minority representation data and delinquency trend data in Frederick County.

Members of the JDPPB include:

Boys & Girls Club
Citizens Services
Department of Juvenile Services
Frederick County Health Department
Frederick County Public Schools
Frederick Police Department
Lead4Life Inc.
MD Choices
Mental Health Association
Office for Children and Families
WayStation

If your organization has a program or service that you would like to include in this directory, please contact:

Michele Bowman 301-600-2091
mbowman@frederickmdpolice.org

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ADVOCACY GROUPS

ADVOCATES FOR HOMELESS FAMILIES

Affiliation/Service Area: Frederick County
 Days/Hours:
 Age:
 Contact Info: 301-662-2003
 Services: Provides services to families who are homeless or on the verge of being homeless

“ASK” Advocacy, Support, Knowledge

Affiliation/Service Area: None
 Days/Hours: Monday thru Friday 3:00 - 6:30 pm (Summer 6:30 am - 6:00 pm) 9:00 am – 5:00 pm
 Age: School Age
 Contact Info: 301-695-3676 johnandshawna4@comcast.net
 Services: Advocacy and support for children in school

AUTISM SOCIETY OF AMERICA - FREDERICK

Affiliation/Service Area: Autism Society of America
 Days/Hours: varies
 Age: birth to adult
 Contact Info: 301-695-3676 301-746-8080 www.asafrederickmd.org
 Services: Provide advocacy, support, and information for Frederick County Residents. Join us at our monthly meeting to share information, resources and support.

CHILD ADVOCACY CENTER (CAC)

Affiliation/Service Area: Frederick County Government
 Days/Hours: M, W, & F 8:00 am – 4:00 pm, T & TH 8:00 am – 6:00 pm
 Age: 0-17; 18-21 on a case by case basis
 Contact Info: 301-600-1762
 Services: The CAC is a safe, child/family friendly center designed to address concerns of child abuse through interviews, advocacy, medical examinations, and counseling for children, youth, and their non-offending caregivers/family members. All services are free

F.R.I.E.N.D.S. – DOWN SYNDROME

Affiliation/Service Area: Family Resource, Information & Education Network for Down Syndrome
 Days/Hours:
 Contact Info: tfs@friendsoffredco.org
 Services: Support and resource group for expectant parents, new parents, and extended families of babies born with Down syndrome. Provide age-appropriate activities for children and their friends.

MADD – MOTHERS AGAINST DRUNK DRIVING

Affiliation/Service Area: MADD / Maryland
 Days/Hours:
 Contact Info: 800-446-6233 www.madd.org
 Services: Founded by a mother whose daughter was killed by a drunk driver, Mothers Against Drunk Driving® (MADD) is the nation's largest nonprofit working to protect families from drunk driving and underage drinking.

MENTAL HEALTH ASSOCIATION OF FREDERICK COUNTY

Affiliation/Service Area: none specified / Frederick County
 Days/Hours: hotline 24/7
 Age: All ages
 Contact Info: 301-663-0011 www.fcmha.org
 Services: The Mental Health Association of Frederick County provides a variety of services:

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24/7 phone support, referrals, and suicide prevention, professional therapy services, prevention of child abuse through education and support, creation of quality childcare environments, educational and advocacy regarding mental illness and promotion of good mental health.

SAFE KIDS FREDERICK COUNTY

Affiliation/Service Area: Families Plus. Inc. / Frederick County
 Days/Hours: vary
 Age: birth - 19
 Contact Info: 301-694-9002 nboyd@familiesplus.org
 Services: Safe Kids Frederick County (SKFC) is a coalition of representatives from various agencies & organizations, all interested in preventing injuries to children. They meet the second Thursday of the month and welcome new members and volunteers. SKFC provides injury prevention presentations to community groups, parents, and caregivers as well as provides assistance with low cost car seats & bicycle helmets. SKFC also provides assistance with Bike Rodeos, Child Passenger Safety Technician Training, and child safety seat checkpoints. SKFC also participates in many community events each year.

Action is the catalyst that creates accomplishments. It is the path that takes us from uncrafted hopes to realized dreams.

Thomas Huxley

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AFTER-SCHOOL PROGRAMS

BOYS & GIRLS CLUB OF FREDERICK COUNTY

Affiliation/Service Area: Boys & Girls Club / Frederick County
 Days/Hours: Monday thru Friday 3:00 – 6:30 pm (summer 6:30 am – 6:00 pm)
 Age: 6-14
 Contact Info: 301-600-1875 www.bgcfc.org 413 Burck Street, Frederick MD
 Cost: Varies by family income
 Services: Youth development programs for school-aged youth during out-of-school times. Provides a safe place for Frederick area youth to go after school and during the summer.

BUTTERFLY COACHING

Affiliation/Service Area: None specified / Frederick County
 Days/Hours: Day, evening & weekend appointments
 Age: 13-19
 Contact Info: 240-626-6259 butterflycoach@gmail.com www.butterflycoaching.com
 Cost: workshop \$45 for 2 classes / Private Sessions \$40 each
 Services: Teen empowerment coaching for teenage girls. Workshops and private coaching designed to assist young women in setting and achieving personal and academic goals, while coaching the girls to heal from emotional pain and roadblocks preventing them from living a productive lifestyle.

CIVIL AIR PATROL (CAP)

Affiliation/Service Area: United States Air Force Auxiliary / not specified
 Days/Hours: Meetings are held on Tuesday evenings from 7:00 – 9:00 pm
 Age: 12-18
 Contact Info: 301-694-2312 rick_palace@mac.com www.gocivilairpatrol.com
 Cost: est. \$100
 Services: The program allows young people to progress at their own pace through a 16-step program including aerospace education, leadership training, physical fitness and moral leadership. Cadets compete for academic scholarships to further their studies in fields such as engineering, science, aircraft mechanics, aerospace medicine, meteorology, as well as many others.

ETIQUETTE FOR EVERYDAY

Affiliation/Service Area: none specified / all
 Days/Hours: varies
 Age: ages 5 and up
 Contact Info: 301-829-6944 kelly@etiquetteforeveryday.com www.etiquetteforeveryday.com
 Cost: varies
 Services: Etiquette For Everyday helps youth and adults build confidence in a variety of social and professional situations through classes and speaking engagements. Areas of instruction include social etiquette, dining etiquette and communications skills. Our mission is to build confidence, promote every day courtesies and teach others how to positively connect.

FC FREDERICK

Affiliation/Service Area: none specified / not specified
 Days/Hours: evenings & weekends
 Age: 4-18
 Contact Info: 301-471-4610 www.fcfrederick.com
 Cost: varies
 Services: Full service soccer club for players of all levels.

FREDERICK CITY PARKS AND RECREATION

Affiliation/Service Area: City of Frederick / City of Frederick & Frederick County
 Days/Hours: varies per program
 Age: all

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Contact Info: 301-600-1493 www.cityoffrederick.com
 Cost: varies
 Services: Parks & Recreation offers a wide variety of programs for youth and adults

FREDERICK COUNTY DIVISION OF PARKS AND RECREATION

Affiliation/Service Area: Frederick County Government / Frederick County
 Days/Hours: varies per program
 Age: All
 Contact Info: 301-600-1646 www.frederickcountymd.gov
 Cost: varies
 Services: Parks & Recreation is responsible for operating a variety of parks, facilities, and recreation programs within Frederick County. This includes amenities such as adult fitness, athletic facilities, recreation classes, environmental and historical activities, special events, sports, trips, camps, and more!

FREDERICK POLICE ACTIVITIES LEAGUE

Affiliation/Service Area: Frederick Police Department / City of Frederick
 Days/Hours: Monday thru Thursday 4:00 – 7:00 pm (summer hours vary)
 Age: 8-18
 Contact Info: 301-600-2100 frederickpal.org
 Cost: free
 Services: PAL brings youngsters under the supervision and constructive influence of police officers and expands public awareness about their role in the community. Our goal is to provide positive and educational alternatives to gangs, drugs, criminal and other anti-social behavior. We achieve this goal through sports, educational and recreational activities in a healthy, structured, safe, and fun environment.

MAN2MAN

Affiliation/Service Area: Stylz Hair Design / none specified
 Days/Hours: Mondays 3:30-5:30 pm
 Age: not specified
 Contact Info: 301-524-5063 drharris@yahoo.com
 Cost: Not Specified
 Services: Barbershop environment; training, mentoring, and providing vocational skills to the art of haircutting. Social groups addressing coping skills and managing the stress of being a teenager.

MARYLAND SCIENCE OLYMPIAD

Affiliation/Service Area: none specified / Service Area:
 Days/Hours: varies
 Age: Elementary thru High School
 Contact Info: 301-514-4555 al@msoteam.org www.marylandscienceolympiad.org
 Cost: \$200 per school team (15 students), \$40 per elementary classroom
 Services: After-school elementary-high school science, math, engineering, teamwork competitions, mentoring, and volunteer opportunities

ON THE MARK – ADOLESCENT CLUBHOUSE

Affiliation/Service Area: Frederick County Health Department / Frederick County Resident
 Days/Hours: Monday – Friday 3:30 – 7:00 pm, Saturday 11:00 am – 5:00 pm
 Age: 12-17
 Contact Info: 301-600-1126 www.frederickcountymd.gov 350 Montevue Lane, Frederick MD
 Cost: free
 Services: The mission of the Activities Center is to provide a safe; community based adolescent clubhouse which provides developmentally appropriate services grounded in a peer-based support system. Activities: homework tutoring and GED assistance, computer lab, skills building and employment coaching, support group activities led by peer-recovery coaches, outdoor & indoor recreational activities, exercise, mediation, healthy cooking, snack and family night.

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PROJECT ALIVE

Affiliation/Service Area: Housing Authority / Low Income
 Days/Hours: Monday – Friday 4:00 – 7:00 pm
 Age: 4-18
 Contact Info: 301-696-1875 projectalive@aol.com www.hacfrederick.org
 Cost: free
 Services: Housing Authority hosts several after school programs, including the Police Activities League at Lucas Village and several church sponsored after school programs at Carver and Lucas Village. They also offer educational enrichment programs for pre-k through high school.

SEED OF LIFE NURSERIES, INC.

Affiliation/Service Area: none / Frederick County
 Days/Hours: varies
 Age: 5-17
 Contact Info: 240-344-6533 solnurseries@gmail.com
 Cost: not specified
 Services: Seed of Life Nurseries provides food, educational programs and job assistance for local low income families.

YMCA OF FREDERICK COUNTY

Affiliation/Service Area: YMCA / Frederick County
 Days/Hours: varies by location
 Age: all ages
 Contact Info: 301-663-5131 (Market Street branch) www.frederickymca.org
 Cost: varies
 Services: membership organization that offers Health & Wellness programs; childcare; camps; sports; swimming and aquatics; dance and gymnastics; Head Start; before and after school care

It is easier to build strong children than to repair broken men.

Frederick Douglass

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CHILD & FAMILY SERVICES

ADVOCATES FOR HOMELESS FAMILIES

Affiliation/Service Area: Frederick County
 Days/Hours:
 Age:
 Contact Info: 301-662-2003
 Services: Provides services to families who are homeless or on the verge of being homeless

ALLIED FAMILY COUNSELING

Affiliation/Service Area: not specified / not specified
 Service Area: not specified
 Days/Hours: varies
 Age: all
 Contact Info: 301-698-7077
 Cost: varies
 Services: Counseling, chemical dependency, addiction, recovery

AUTISM SOCIETY OF AMERICA - FREDERICK

Affiliation/Service Area: Autism Society of America / not specified
 Days/Hours: varies
 Age: birth to adult
 Contact Info: 301-695-3676 301-746-8080 www.asafrederickmd.org
 Cost: no cost

BEHAVIORAL HEALTH SERVICES / SUBSTANCE ABUSE

Affiliation/Service Area: Frederick County Health Department / Frederick County
 Days/Hours: varies
 Age: not specified
 Contact Info: 301-600-3293 301-600-1775
 Cost: varies
 Services: Program tailored to meet the differentiated needs of adolescents and provides a variety of prevention services.

CALM – COMMUNITY MEDIATION AND CONFLICT RESOLUTION CENTER

Affiliation/Service Area: none / Frederick County
 Days/Hours: varies
 Age: not specified
 Contact Info: 301-631-2256 www.calmfrederick.org
 Cost: mediation services – free;
 Services: CALM offers free mediation services to all Frederick County Residents. CALM can assist with neighbor, parent/child, landlord/tenant, custody issues, visitation schedules, etc. CALM also provides Independent Educational Program (IEP), Meeting Facilitation and School Attendance Mediation.

CATOCTIN COUNSELING

Affiliation/Service Area: none / not specified
 Days/Hours: varies
 Age: not specified
 Contact Info: 301-631-1304
 Cost: varies
 Services: Substance abuse, families, couples, and individual counseling

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CHILD ADVOCACY CENTER (CAC)

Affiliation/Service Area:	Frederick County Government
Days/Hours:	M, W, & F 8:00 am – 4:00 pm, T & TH 8:00 am – 6:00 pm
Age:	0-17; 18-21 on a case by case basis
Contact Info:	301-600-1762
Services:	The CAC is a safe, child/family friendly center designed to address concerns of child abuse through interviews, advocacy, medical examinations, and counseling for children, youth, and their non-offending caregivers/family members. All services are free

CHILD CARE CHOICES

Affiliation/Service Area:	Mental Health Association / Frederick & Carroll County
Days/Hours:	Monday – Thursday 8:30 am-4:30 pm, Wednesday evenings until 8:00pm
Age:	childcare age
Contact Info:	301-662-4549 www.childcarechoices.info
Cost:	Free and/or nominal fee
Services:	child care resources and referral

CHILD PROTECTIVE SERVICES

Affiliation/Service Area:	Frederick County Department of Social Services / Frederick County
Days/Hours:	M-F 8:00 am – 4:30 pm
Age:	not specified
Contact Info:	301-600-2464 after hours: 301-564-8230
Cost:	free
Services:	Investigate reports of suspected child abuse and neglect and offer a variety of services to families when these problems are found to exist. The identity of the person making the report is protected.

DEPARTMENT OF SOCIAL SERVICES

Affiliation/Service Area:	Frederick County Government / Frederick County
Days/Hours:	varies
Age:	all
Contact Info:	301-600-4555
Cost:	not specified
Services:	Energy assistance, temporary cash assistance, medical assistance, food stamps

FAMILIES PLUS

Affiliation/Service Area:	none / Frederick County
Days/Hours:	not specified
Age:	all
Contact Info:	301-694-9002
Website:	www.familiesplus.org
Cost:	not specified
Services:	Education, support groups, childbirth, parenting classes

FAMILY PRESERVATION

Affiliation/Service Area:	WayStation / Frederick County Resident with a child in the home under age 17
Days/Hours:	24 hours a day / 7 days a week
Age:	family unit
Contact Info:	301-662-0099 x 2501 www.waystationinc.org
Cost:	Free
Services:	Intensive in home services. Team of two staff, designed to help families resolve crisis and stay together, through behavioral and clinical interventions. Five hours a week for 6 weeks, identify basic goals and create long term changes. Team available 24/7. Team makes connections with the community to help preserve the family unit.

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FAMILY PRESERVATION PROGRAM - DEPARTMENT OF SOCIAL SERVICES

Affiliation/Service Area: WayStation / Frederick County Resident with a child in the home under age 17
 Days/Hours: 24 hours a day / 7 days a week
 Age: family unit
 Contact Info: 301-662-0099 x 2501 www.waystationinc.org
 Cost: Free
 Services: Intensive in home services. Team of two staff, designed to help families resolve crisis and stay together, through behavioral and clinical interventions. Five hours a week for 6 weeks, identify basic goals and create long term changes. Team available 24/7. Team makes connections with the community to help preserve the family unit.

F.R.I.E.N.D.S. – DOWN SYNDROME

Affiliation/Service Area: Family Resource, Information & Education Network for Down Syndrome
 Days/Hours:
 Age: not specified
 Contact Info: tfs@friendsoffredco.org
 Services: Support and resource group for expectant parents, new parents, and extended families of babies born with Down syndrome. Provide age-appropriate activities for children and their friends.

KIDS LIKE US

Affiliation/Service Area: Frederick County Health Department / FCPS students in grades 4-8 impacted by substance abuse or addiction of a parent, caregiver, or close family member
 Days/Hours: varies
 Age: 9-14
 Contact Info: 301-600-3281 www.frederickcountymd.gov
 Cost: free
 Services: Kids Like Us (KLU) works with FCPS school counselors to provide small group preventative counseling groups for youth impacted by family substance abuse and addiction during the school year. KLU also provides a summer day camp for school-based participants and an annual public show of participant art. KLU is designed to build resiliency, and prevent substance abuse and other problems with engaging group counseling activities, such as art and games, that build self worth, increase social support and social skills, foster effective emotional expression and management, and promote healthy coping. Participation is confidential, voluntary, and requires parent permission.

LEAD4LIFE INC. – PARENT MENTORING PROGRAM

Affiliation/Service Area: Lead4Life / Frederick County
 Days/Hours: flexible
 Age: parents
 Contact Info: 301-672-4319 gauthier@lead4lifeinc.org
 Cost: \$45/hour
 Services: Provides one-on-one empowerment / strength-based driven sessions for teenage girls. Develops self-worth, esteem and builds competency.

MD CHOICES

Affiliation/Service Area: Choices Inc. / Referral by Department of Social Services or Department of Juvenile Services. Youth must be adjudicated for DPS to consider referring youth to this program.
 Days/Hours: by appointment
 Age: early to age 21
 Contact Info: 240-683-7300 jlowery@mdchoices.org
 Cost: free
 Services: Wrap around services to youth and families engaged in services with the Department of Social Services or Department of Juvenile Services.

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MENTAL HEALTH ASSOCIATION OF FREDERICK COUNTY

Affiliation/Service Area: none specified / Frederick County
 Days/Hours: hotline 24/7
 Age: All ages
 Contact Info: 301-663-0011 www.fcmha.org
 Cost: varies
 Services: The Mental Health Association of Frederick County provides a variety of services: 24/7 phone support, referrals, and suicide prevention, professional therapy services, prevention of child abuse through education and support, creation of quality childcare environments, educational and advocacy regarding mental illness and promotion of good mental health.

MIDDLETOWN VALLEY PEOPLE HELPING PEOPLE

Affiliation/Service Area: none specified / Middletown, Myersville, & Wolfsville areas
 Days/Hours: unspecified
 Age: all
 Contact Info: 301-371-3119
 Cost: free
 Services: Information and referral; school supplies; holiday assistance, transportation for medical appointments. May help with utility cut off and eviction notices.

MT. AIRY NET

Affiliation/Service Area: not specified / Mt. Airy only
 Days/Hours: unspecified
 Age: all
 Contact Info: 301-829-0472
 Cost: free
 Services: Emergency assistance for food, shelter, and other essentials

ON THE MARK – ADOLESCENT CLUBHOUSE

Affiliation/Service Area: Frederick County Health Department / Frederick County Resident
 Days/Hours: Monday – Friday 3:30 – 7:00 pm, Saturday 11:00 am – 5:00 pm
 Address: 350 Montevue Lane, Frederick MD
 Age: 12-17
 Contact Info: 301-600-1126 www.frederickcountymd.gov
 Cost: free
 Services: The Activities Center provides a safe; community based adolescent clubhouse which provides developmentally appropriate services grounded in a peer-based support system. Activities: homework tutoring and GED assistance, computer lab, skills building and employment coaching, support group activities led by peer-recovery coaches, outdoor & indoor recreational activities, exercise, mediation, healthy cooking, snack and family night.

PARTNERS FOR SUCCESS

Affiliation/Service Area: Frederick County Public Schools
 Days/Hours:
 Age: 3-21
 Contact Info: 240-236-8744 partners.forsuccess@fcps.org
 Services: The purpose of this center is to provide the skills and knowledge that will enable families of children and youth with disabilities, ages 3-21, and professionals to function as equal partners in the educational decision making process and to assist families in accessing services for their children.

SAFE KIDS FREDERICK COUNTY

Affiliation/Service Area: Families Plus. Inc. / Frederick County
 Days/Hours: vary
 Age: birth - 19
 Contact Info: 301-694-9002 nboyd@familiesplus.org
 Services: Safe Kids Frederick County (SKFC) is a coalition of representatives from various agencies & organizations, all interested in preventing injuries to children. They meet the second Thursday of the

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month and welcome new members and volunteers. SKFC provides injury prevention presentations to community groups, parents, and caregivers as well as provides assistance with low cost car seats & bicycle helmets. SKFC also provides assistance with Bike Rodeos, Child Passenger Safety Technician Training, and child safety seat checkpoints. SKFC also participates in many community events each year.

SALVATION ARMY

Affiliation/Service Area: Salvation Army USA / Frederick County
 Days/Hours: unspecified
 Age: all
 Contact Info: 301-662-2311
 Cost: not specified
 Services: Offers eligible residents assistance with utility turn-off notices, notice of legal eviction, and prescriptions

THE ARC OF FREDERICK COUNTY

Affiliation/Service Area: none specified / Frederick County
 Days/Hours: varies
 Age: all
 Contact Info: 301-663-0909 www.arcfc.org 620-A Research Blvd., Frederick MD
 Cost: not specified
 Services: The Arc of Frederick County provides advocacy, access to resources, and assistance in increasing individual and family connections for people with developmental disabilities. The organization seeks creative solutions to help people with developmental disabilities attain their goals.

THE FREDERICK YOUTH CENTER

Affiliation/Service Area: The Frederick Center Inc. / Frederick County
 Days/Hours: Wednesdays 7:00 – 9:00 pm
 Age: 14-23
 Contact Info: 301-606-4975 thefrederickcenter@gmail.com Grace United Church of Christ, 22 E. 2nd Street, Frederick
 Cost: free
 Services: Weekly peer support group - Mission of the organization: Supporting, educating, linking, organizing and providing outreach to the Lesbian, Bisexual, Transgender and Queer community and its allies

YMCA OF FREDERICK COUNTY

Affiliation/Service Area: YMCA / Frederick County
 Days/Hours: varies by location
 Age: all ages
 Contact Info: 301-663-5131 (N. Market Street branch) www.frederickymca.org
 Cost: varies
 Services: membership organization that offers Health & Wellness programs; childcare; camps; sports; swimming and aquatics; dance and gymnastics; Head Start; before and after school care

YOUTHFUL OFFENDER

Affiliation/Service Area: Frederick County State's Attorney's Office / Frederick County
 Days/Hours: varies
 Age: 12-17
 Contact Info: 301-600-1824
 Cost: \$50.00
 Services: Provides an alternative to the juvenile justice system. The program includes an educational component, site visits, guest speakers and community service, including with the Frederick County Fire Departments and Frederick County Parks.

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DROP OUT PREVENTION

BOYS & GIRLS CLUB OF FREDERICK COUNTY

Affiliation/Service Area: Boys & Girls Club / Frederick County
 Days/Hours: Monday thru Friday 3:00 – 6:30 pm (Summer 6:30 am – 6:00 pm)
 Age: 6-14
 Contact Info: 301-600-1875 www.bgcfc.org 413 Burck Street, Frederick MD
 Cost: Varies by family income
 Services: Youth development programs for school-aged youth during out-of-school times. Provides a safe place for Frederick area youth to go after school and during the summer.

BUTTERFLY COACHING

Affiliation/Service Area: none specified / Frederick County
 Days/Hours: Day, evening & weekend appointments
 Age: 13-19
 Contact Info: 240-626-6259 butterflycoach@gmail.com www.butterflycoaching.com
 Cost: workshop \$45 for 2 classes / Private sessions \$40 each
 Services: Teen empowerment coaching for teenage girls. Workshops and private coaching designed to assist young women in setting and achieving personal and academic goals, while coaching the girls to heal from emotional pain and roadblocks preventing them from living a productive lifestyle.

FREDERICK COUNTY PUBLIC SCHOOLS

Affiliation/Service Area: Frederick County Public Schools / Frederick County
 Days/Hours: Monday – Thursday 8:00 am – 3:00 pm
 Age: Middle & High School Students
 Contact Info: 301-644-5238 kathleen.hartsock@fcps.org www.fcps.org
 Cost: Free
 Services: School counselors, pupil personnel workers, and student support staff work with students on dropout prevention. Credit recovery venues are explored and plans are designed to make high school graduation a reality.

MARYLAND SCIENCE OLYMPIAD

Affiliation/Service Area: none specified / none specified
 Days/Hours: not specified
 Age: Elementary thru High School
 Contact Info: 301-514-4555 al@msoteam.org
 Website: www.marylandscienceolympiad.org
 Cost: \$200 per school team (15 students), \$40 per elementary classroom
 Services: After-school elementary-high school science, math, engineering, teamwork competitions, mentoring, and volunteer opportunities

ON THE MARK – ADOLESCENT CLUBHOUSE

Affiliation/Service Area: Frederick County Health Department / Frederick County Resident
 Days/Hours: Monday – Friday 3:30 – 7:00 pm, Saturday 11:00 am – 5:00 pm
 Age: 12-17
 Contact Info: 301-600-1126 www.frederickcountymd.gov 350 Montevue Lane, Frederick MD
 Cost: free
 Services: The mission of the Activities Center is to provide a safe; community based adolescent clubhouse which provides developmentally appropriate services grounded in a peer-based support system. Activities: homework tutoring and GED assistance, computer lab, skills building and employment coaching, support group activities led by peer-recovery coaches, outdoor & indoor recreational activities, exercise, mediation, healthy cooking, snack and family night.

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POSITIVE CHOICES FOR LIFE

Affiliation/Service Area: PADDD / Frederick County
Days/Hours: third Saturday of the month 9:30 am – 12:00 pm
Age: 11-18
Contact Info: 410-530-7455 paddd@comcast.net www.paddd.com
Cost: \$50
Services: 2 hour class taught once a month at the Law Enforcement Center on the third Saturday of each month. The goal is injury prevention and positive choices learned by the students during the presentation. There are 3 speakers, a nurse, an EMT, and a teen/young patient who has recovered from a crash

We worry about what a child will become tomorrow, yet we forget that he is someone today.

Stacia Tauscher

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EDUCATIONAL PROGRAMS

4-H

Affiliation/Service Area:	4-H / Frederick County
Days/Hours:	varies
Age:	varies by program
Contact Info:	301-600-1594
Cost:	varies
Services:	Youth participation in hands-on learning experiences to develop life skills through 4-H projects, 4-H Club meetings, and 4-H activities

BOYS AND GIRLS CLUB OF FREDERICK COUNTY

Affiliation/Service Area:	Boys and Girls Club / Frederick County
Days/Hours:	Monday thru Friday 3:00 – 6:30 pm (summer 6:30 am – 6:00 pm)
Age:	6-14
Contact Info:	301-600-1875 www.bgcfc.org 413 Burck Street, Frederick MD
Cost:	Varies by family income
Services:	Youth development programs for school-aged youth during out-of-school times. Provides a safe place for Frederick area youth to go after school and during the summer.

ETIQUETTE FOR EVERYDAY

Affiliation/Service Area:	none / all
Days/Hours:	varies
Age:	ages 5 and up
Contact Info:	301-829-6944 kelly@etiquetteforeveryday.com www.etiquetteforeveryday.com
Cost:	varies
Services:	Etiquette For Everyday helps youth and adults build confidence in a variety of social and professional situations through classes and speaking engagements. Areas of instruction include social etiquette, dining etiquette and communications skills. Our mission is to build confidence, promote every day courtesies and teach others how to positively connect.

FAMILIES PLUS

Affiliation/Service Area:	not specified / Frederick County
Days/Hours:	varies
Age:	youth to adult
Contact Info:	301-694-9002 www.familiesplus.org
Cost:	varies
Services:	Education, support groups, childbirth, parenting classes

FREDERICK POLICE ACTIVITIES LEAGUE

Affiliation/Service Area:	Frederick Police Department / City of Frederick
Days/Hours:	Monday thru Thursday 4:00 – 7:00 pm (summer hours vary)
Age:	8-18
Contact Info:	301-600-2100 www.frederickpal.org
Cost:	free
Services:	PAL brings youngsters under the supervision and constructive influence of police officers and expands public awareness about their role in the community. Our goal is to provide positive and educational alternatives to gangs, drugs, criminal and other anti-social behavior. We achieve this goal through sports, educational and recreational activities in a healthy, structured, safe, and fun environment.

MENTAL HEALTH ASSOCIATION OF FREDERICK COUNTY

Affiliation/Service Area:	not specified / Frederick County
Days/Hours:	hotline 24/7
Age:	All ages

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Contact Info: 301-663-0011 www.fcmha.org
 Cost: not specified
 Services: The Mental Health Association of Frederick County provides a variety of services: 24/7 phone support, referrals, and suicide prevention, professional therapy services, prevention of child abuse through education and support, creation of quality childcare environments, educational and advocacy regarding mental illness and promotion of good mental health.

ON THE MARK – ADOLESCENT CLUBHOUSE

Affiliation/Service Area: Frederick County Health Department / Frederick County Resident
 Days/Hours: Monday – Friday 3:30 – 7:00 pm, Saturday 11:00 am – 5:00 pm
 Address: 350 Montevue Lane, Frederick MD
 Age: 12-17
 Contact Info: 301-600-1126 www.frederickcountymd.gov
 Cost: free
 Services: The mission of the Activities Center is to provide a safe; community based adolescent clubhouse which provides developmentally appropriate services grounded in a peer-based support system. Activities: homework tutoring and GED assistance, computer lab, skills building and employment coaching, support group activities led by peer-recovery coaches, outdoor & indoor recreational activities, exercise, mediation, healthy cooking, snack and family night.

PARTNERS FOR SUCCESS

Affiliation/Service Area: Frederick County Public Schools
 Days/Hours:
 Age: 3-21
 Contact Info: 240-236-8744 partners.forsuccess@fcps.org
 Services: The purpose of this center is to provide the skills and knowledge that will enable families of children and youth with disabilities, ages 3-21, and professionals to function as equal partners in the educational decision making process and to assist families in accessing services for their children.

SAFE KIDS FREDERICK COUNTY

Affiliation/Service Area: Families Plus. Inc. / Frederick County
 Days/Hours: vary
 Age: birth - 19
 Contact Info: 301-694-9002 nboyd@familiesplus.org
 Services: Safe Kids Frederick County (SKFC) is a coalition of representatives from various agencies & organizations, all interested in preventing injuries to children. They meet the second Thursday of the month and welcome new members and volunteers. SKFC provides injury prevention presentations to community groups, parents, and caregivers as well as provides assistance with low cost car seats & bicycle helmets. SKFC also provides assistance with Bike Rodeos, Child Passenger Safety Technician Training, and child safety seat checkpoints. SKFC also participates in many community events each year.

THE ARC OF FREDERICK COUNTY

Affiliation/Service Area: none specified / Frederick County
 Days/Hours: varies
 Age: All
 Contact Info: 301-663-0909 www.arcfc.org
 Cost: not specified
 Services: The Arc of Frederick County provides advocacy, access to resources, and assistance in increasing individual and family connections for people with developmental disabilities. The organization seeks creative solutions to help people with developmental disabilities attain their goals.

The whole purpose of education is to turn mirrors into windows.

Sydney J. Harris

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EMERGENCY ASSISTANCE

ADVOCATES FOR HOMELESS FAMILIES

Affiliation/Service Area: Frederick County
 Days/Hours: call for more information
 Contact Info: 301-662-2003
 Services: Provides services to families who are homeless or on the verge of being homeless

MIDDLETOWN VALLEY PEOPLE HELPING PEOPLE

Affiliation/Service Area: none / Middletown, Myersville, & Wolfsville areas
 Days/Hours: call for more information
 Contact Info: 301-371-3119
 Services: Information and referral; school supplies; holiday assistance, transportation for medical appointments. May help with utility cut off and eviction notices.

MT. AIRY NET

Affiliation/Service Area: none / Mt. Airy only
 Days/Hours: varies
 Contact Info: 301-829-0472
 Services: Emergency assistance for food, shelter, and other essentials

SALVATION ARMY

Affiliation/Service Area: Salvation Army / Frederick County
 Days/Hours: call for more information
 Contact Info: 301-662-2311
 Services: Offers eligible residents assistance with utility turn-off notices, notice of legal eviction, and prescriptions

SETON CENTER OUTREACH PROGRAM

Affiliation/Service Area: none specified / Lewistown area and north to PA line
 Days/Hours: please call for more information
 Contact Info: 301-447-6102
 Services: Emergency help with vouchers for food and thrift shop, rental assistance, utilities, prescriptions, gas, and other basic needs

ST. VINCENT DEPAUL SOCIETY

Affiliation/Service Area: St. Johns / none specified
 Days/Hours: please call for more information
 Contact Info: 301-662-4676
 Services: Emergency and short-term financial assistance for utilities, prescription medications, rent, and eviction

When you come to the end of your rope, tie a knot and hang on.
Franklin D. Roosevelt

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HOTLINES & CRISIS

211

Contact Info: 211 or www.211.org
 Services: Supportive listening, crisis intervention, information and referral for community resources

AIDS HOTLINE

Contact Info: 800-232-4636 800-205-6308
 Services: AIDS/HIV information and support & HIV Drug Assistance

AL-ANON/ALATEEN

Contact Info: 888-425-2666
 Services: Self-help program of recovery for relatives and friends of alcoholics

ALCOHOL HOTLINE

Contact Info: 800-Alcohol 800-252-6465
 Services: Helpline for alcohol and drug users

ALCOHOLICS ANONYMOUS

Contact Info: 301-662-0544
 Services: Support groups for alcoholics

CHILD PROTECTIVE SERVICES

Contact Info: 301-600-2464 after hours: 301-564-8230
 Services: Investigate reports of suspected child abuse and neglect and offer a variety of services to families when these problems are found to exist. The identity of the person making the report is protected.

CHILDRENS MOBILE CRISIS

Contact Info: 211 www.waystation.org
 Services: Mobile mental health treatment for child and adolescent. Suicide ideation, suicide threat with intent and mean, acts of aggression and self-injury

FREDERICK COUNTY HOTLINE

Contact Info: 301-662-2255
 Services: Crisis intervention, support, information and referrals for all types of issues and situations to anyone in need

HEARTLY HOUSE

Contact Info: 301-662-8800
 Services: 24 hour crisis support for domestic violence, sexual assault, and child abuse victims.

MD YOUTH CRISIS HOTLINE

Contact Info: 800-422-0009
 Services: Hotline for youth in crisis

MENTAL HEALTH ASSOCIATION OF FREDERICK COUNTY

Contact Info: 301-663-0011 www.fcmha.org
 Services: The Mental Health Association of Frederick County provides a variety of services: 24/7 phone support, referrals, and suicide prevention, professional therapy services, prevention of child abuse through education and support, creation of quality childcare environments, educational and advocacy regarding mental illness and promotion of good mental health.

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NATIONAL SUICIDE PREVENTION LIFELINE

Contact Info: 800-273-TALK 800-273-8255
Services: Nationwide network of local crisis centers committed to suicide prevention and intervention

OPERATION RUNAWAY

Contact Info: 800-204-8600
Services: Hotline and 24 hour local crisis walk-in center for runaways, at-risk youth, and their caregivers

POISON CENTER

Contact Info: 800-222-1222
Services: provided poisoning treatment advice, education, and prevention services

RAPE CRISIS HOTLINE

Contact Info: 301-662-8800
Services: Crisis intervention for victims of rape, assault, or family violence; emergency shelter available.

But the moment you turn a corner you see another straight stretch ahead and there comes some further challenge to your ambition.

Oliver Wendell Holmes, Jr.

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JOB ASSISTANCE

EMPLOYMENT RESOURCE CENTER

Affiliation/Service Area: Frederick County Department of Social Services / Frederick County
 Days/Hours: Monday thru Friday 8:00 am–4:30 pm
 Age: not specified
 Contact Info: 301-600-2206 www.fcdss.info
 Cost: free
 Services: Registration and job service assistance through the Maryland Job Service. Computers available for internet search. Assistance with cover letters, resumes, or applications.

FAMILY PARTNERSHIP

Affiliation/Service Area: Frederick County Government / Frederick County
 Days/Hours: Monday thru Thursday 9:30 am–3:00 pm
 Age: 16-21
 Contact Info: 301-600-2206 www.frederickcountymd.gov/fp
 Cost: not specified
 Services: Adult education, employability Services, Parent Education, Case Management, Tutoring, Mentoring, Service Learning, Leadership Opportunities. Limited transportation available.

FREDERICK COUNTY WORKFORCE SERVICES

Affiliation/Service Area: none specified / Frederick County
 Days/Hours: Monday –Thursday 8:00 am – 6:00 pm; Friday 8:00 am – 4:00 pm
 Age: not specified
 Contact Info: 301-600-2255 fcws@frederickworks.com www.frederickworks.com
 Cost: not specified
 Services: career counseling, workshops, resumes, interview preparation, job search

LEAD4LIFE INC. – READY 4 WORK PROGRAM

Affiliation/Service Area: Lead4Life / Frederick County
 Days/Hours: flexible
 Age: 15-25
 Contact Info: 301-672-4319 gaunthier@lead4lifeinc.org
 Cost: \$30/hour
 Services: Serving teenagers and young adults ages 15-25 in need of job readiness skills. Help with resume writing, interview skills, filling out job application, and proper attire.

MAN2MAN

Affiliation/Service Area: Stylz Hair Design / none specified
 Days/Hours: Mondays 3:30-5:30 pm
 Age: not specified
 Contact Info: 301-524-5063 drharris@yahoo.com
 Cost: not specified
 Services: Barbershop environment; training, mentoring, and providing vocational skills to the art of haircutting. Social groups addressing coping skills and managing the stress of being a teenager.

ON THE MARK – ADOLESCENT CLUBHOUSE

Affiliation/Service Area: Frederick County Health Department / Frederick County Resident
 Days/Hours: Monday – Friday 3:30 – 7:00 pm, Saturday 11:00 am – 5:00 pm
 Age: 12-17
 Contact Info: 301-600-1126 www.frederickcountymd.gov 350 Montevue Lane, Frederick MD
 Cost: free

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Services: The mission of the Activities Center is to provide a safe; community based adolescent clubhouse which provides developmentally appropriate services grounded in a peer-based support system.

Activities: homework tutoring and GED assistance, computer lab, skills building and employment coaching, support group activities led by peer-recovery coaches, outdoor & indoor recreational activities, exercise, mediation, healthy cooking, snack and family night.

PROJECT ALIVE

Affiliation/Service Area: Housing Authority / Frederick City (low income)
 Days/Hours: Monday – Friday 4:00 – 7:00 pm
 Age: 4-18
 Contact Info: 301-696-1875 projectalive@aol.com www.hacfrederick.org
 Cost: free
 Services: Housing Authority hosts several after school programs, including the Police Activities League at Lucas Village and several church sponsored after school programs at Carver and Lucas Village. They also offer educational enrichment programs for pre-k through high school.

SEED OF LIFE NURSERIES, INC.

Affiliation/Service Area: none specified / Frederick County
 Days/Hours: varies
 Age: 5-17
 Contact Info: 240-344-6533 solnurseries@gmail.com
 Cost: not specified
 Services: Seed of Life Nurseries provides food, educational programs and job assistance for local low income families.

WORKFORCE DEVELOPMENT PROGRAM

Affiliation/Service Area: Goodwill Industries / Frederick County
 Days/Hours: varies
 Age: not specified
 Contact Info: 301-662-0622
 Cost: not specified
 Services: Job readiness/life skills workshops, work experience activities, job coaching, job search and placement assistance for adults and youth with disabilities and other barriers to employment.

Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do.

Steve Jobs

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MENTAL HEALTH

ALLIED FAMILY COUNSELING

Affiliation/Service Area:	none specified / none specified
Days/Hours:	varies
Age:	not specified
Contact Info:	301-698-7077
Cost:	not specified
Services:	Counseling, chemical dependency, addiction, recovery

BEHAVIORAL HEALTH SERVICES / SUBSTANCE ABUSE

Affiliation/Service Area:	Frederick County Health Department / Frederick County
Days/Hours:	not specified
Age:	not specified
Contact Info:	301-600-3293 301-600-1775
Cost:	not specified
Services:	Program is tailored to meet the differentiated needs of adolescents and provides a variety of prevention services.

CAMP JOURNEY

Affiliation/Service Area:	WayStation / Frederick County
Days/Hours:	Weekday evenings and overnights on weekends
Age:	11-17
Contact Info:	301-682-3446 www.waystation.org
Cost:	varies
Services:	Recreation-based, planned respite program for families with youth struggling with emotional and behavioral challenges. Provide overnight and hourly visits.

CHILD ADVOCACY CENTER (CAC)

Affiliation/Service Area:	Frederick County Government
Days/Hours:	M, W, & F 8:00 am – 4:00 pm, T & TH 8:00 am – 6:00 pm
Age:	0-17; 18-21 on a case by case basis
Contact Info:	301-600-1762
Services:	The CAC is a safe, child/family friendly center designed to address concerns of child abuse through interviews, advocacy, medical examinations, and counseling for children, youth, and their non-offending caregivers/family members. All services are free

CHILDRENS MOBILE CRISIS

Affiliation/Service Area:	WayStation / Frederick County
Days/Hours:	24 hours / 7 days a week
Age:	birth to 18
Contact Info:	211 www.waystation.org
Cost:	Free
Services:	Mobile mental health treatment for child and adolescent. Suicide ideation, suicide threat with intent and mean, acts of aggression and self-injury

FAMILIES PLUS

Affiliation/Service Area:	none specified / Frederick County
Days/Hours:	varies
Age:	not specified
Contact Info:	301-694-9002 www.familiesplus.org
Cost:	not specified
Services:	Education, support groups, childbirth, parenting classes

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FAMILY PRESERVATION

Affiliation/Service Area: WayStation / Frederick County Resident with a child in the home under age 17
 Days/Hours: 24 hours a day / 7 days a week
 Age: family unit
 Contact Info: 301-662-0099 x 2501 www.waystationinc.org
 Cost: Free
 Services: Intensive in home services. Team of two staff, designed to help families resolve crisis and stay together, through behavioral and clinical interventions. Five hours a week for 6 weeks, identify basic goals and create long term changes. Team available 24/7. Team makes connections with the community to help preserve the family unit.

FREDERICK COUNTY PUBLIC SCHOOLS – CASS Program

Affiliation/Service Area: Frederick County Public Schools / Frederick County
 Days/Hours: Monday - Friday
 Age: Grades 3-12
 Contact Info: 301-644-5238 kathleen.hartsock@fcps.org www.fcps.org
 Cost: not specified
 Services: FCPS's CASS program has partnerships with four mental health non-profits that can provide therapeutic intervention at a child's school depending on insurance eligibility.

FREDERICK MEMORIAL HOSPITAL BEHAVIORAL HEALTH SERVICES

Affiliation/Service Area: Frederick Memorial Hospital / not specified
 Days/Hours: 24/7
 Age: all
 Contact Info: 240-566-3904 www.fmh.org
 Cost: not specified
 Services: FMH and Sheppard Pratt Hospital, both not-for-profit health care systems combine their expertise in the field of Behavioral Health to provide a continuum of services. Services include: short-term hospitalization, adult psychiatric partial hospital, and an intensive psychiatric outpatient program.

LEAD4LIFE INC. – THERAPY

Affiliation/Service Area: Lead4Life / Frederick County
 Days/Hours: flexible
 Age: 10-24
 Contact Info: 301-672-4319 gauthier@lead4lifeinc.org
 Cost: fee varies
 Services: Therapists provide services in the home and community. Therapists are skilled working with high-risk youth with behavioral and emotional disorders.

LEAD4LIFE INC. – YOUTH STAR PROGRAM

Affiliation/Service Area: Lead4Life / Frederick County
 Days/Hours: flexible
 Age: 14-18
 Contact Info: 301-672-4319 gauthier@lead4lifeinc.org
 Cost: \$50/hour
 Services: Develops discipline and accountability in youth through a physical fitness. The program provides developmentally appropriate physical activities that are geared toward the youth's individual goals.

MENTAL HEALTH ASSOCIATION OF FREDERICK COUNTY

Affiliation/Service Area: none / Frederick County
 Days/Hours: hotline 24/7
 Age: All ages
 Contact Info: 301-663-0011 www.fcmha.org
 Cost: not specified
 Services: The Mental Health Association of Frederick County provides a variety of services: 24/7 phone support, referrals, and suicide prevention, professional therapy services, prevention of child abuse

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through education and support, creation of quality childcare environments, educational and advocacy regarding mental illness and promotion of good mental health.

MULTI SYSTEMIC THERAPY (MST)

Affiliation/Service Area: WayStation Inc. / Frederick County (must be referred by Department of Juvenile Services)
 Days/Hours: scheduled appointments
 Age: 12-17
 Contact Info: 240-344-5766 www.waystation.org
 Cost: free
 Services: Grant funded program working to explore the youth's community, school, peer, & family relationships in order to create change where necessary. Work to empower family to solve current and future problems

ON THE MARK – ADOLESCENT CLUBHOUSE

Affiliation/Service Area: Frederick County Health Department / Frederick County Resident
 Days/Hours: Monday – Friday 3:30 – 7:00 pm, Saturday 11:00 am – 5:00 pm
 Age: 12-17
 Contact Info: 301-600-1126 www.frederickcountymd.gov 350 Montevue Lane, Frederick MD
 Cost: free
 Services: The mission of the Activities Center is to provide a safe; community based adolescent clubhouse which provides developmentally appropriate services grounded in a peer-based support system. Activities: homework tutoring and GED assistance, computer lab, skills building and employment coaching, support group activities led by peer-recovery coaches, outdoor & indoor recreational activities, exercise, mediation, healthy cooking, snack and family night.

**When the world says, "Give up,"
 Hope whispers, "Try it one more time."**

Author Unknown

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MENTORING PROGRAMS

BOYS & GIRLS CLUB OF FREDERICK COUNTY

Affiliation/Service Area: Boys & Girls Club / Frederick County
 Days/Hours: Monday thru Friday 3:00 – 6:30 pm (Summer 6:30 am – 6:00 pm)
 Age: 6-14
 Contact Info: 301-600-1875 www.bgcfc.org 413 Burck Street, Frederick MD
 Cost: Varies by family income
 Services: Youth development programs for school-aged youth during out-of-school times. Provides a safe place for Frederick area youth to go after school and during the summer.

BUTTERFLY COACHING

Affiliation/Service Area: not specified / Frederick County
 Days/Hours: Day, evening & weekend appointments
 Age: 13-19
 Contact Info: 240-626-6259 butterflycoach@gmail.com www.butterflycoaching.com
 Cost: workshop \$45 for 2 classes / Private Sessions \$40 each
 Services: Teen empowerment coaching for teenage girls. Workshops and private coaching designed to assist young women in setting and achieving personal and academic goals, while coaching the girls to heal from emotional pain and roadblocks preventing them from living a productive lifestyle.

FREDERICK POLICE ACTIVITIES LEAGUE

Affiliation/Service Area: Frederick Police Department / City of Frederick
 Days/Hours: Monday thru Thursday 4:00 – 7:00 pm (summer hours vary)
 Age: 8-18
 Contact Info: 301-600-2100 www.frederickpal.org
 Cost: free
 Services: PAL brings youngsters under the supervision and constructive influence of police officers and expands public awareness about their role in the community. Our goal is to provide positive and educational alternatives to gangs, drugs, criminal and other anti-social behavior. We achieve this goal through sports, educational and recreational activities in a healthy, structured, safe, and fun environment.

LEAD4LIFE INC. – PARENT MENTORING PROGRAM

Affiliation/Service Area: Lead4Life / Frederick County
 Days/Hours: flexible
 Age: parents
 Contact Info: 301-672-4319 gauthier@lead4lifeinc.org
 Cost: \$45/hour
 Services: Provides one-on-one empowerment / strength-based driven sessions for teenage girls. Develops self-worth, esteem and builds competency.

LEAD4LIFE INC. – SOCIAL & CLINICAL MENTORING PROGRAM

Affiliation/Service Area: Lead4Life / Frederick County
 Days/Hours: flexible
 Age: up to age 18
 Contact Info: 301-672-4319 gauthier@lead4lifeinc.org
 Cost: fee varies
 Services: Servicing youth in need of guidance with daily life skills, pro-social skills, and competency development. Provides mentoring to youth with mental health, substance abuse, and behavioral concerns.

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LEAD4LIFE INC. TEENAGE GIRL EMPOWERMENT SESSIONS

Affiliation/Service Area: Lead4Life / Frederick County
 Days/Hours: flexible
 Age: 13-18
 Contact Info: 301-672-4319 gauthier@lead4lifeinc.org
 Cost: \$45/hour
 Services: Provides one-on-one empowerment / strength-based driven sessions for teenage girls. Develops self-worth, esteem and builds competency.

MAN2MAN

Affiliation/Service Area: Stylz Hair Design / not specified
 Days/Hours: Mondays 3:30-5:30 pm
 Age: not specified
 Contact Info: 301-524-5063 drharris@yahoo.com
 Cost: not specified
 Services: Barbershop environment; training, mentoring, and providing vocational skills to the art of haircutting. Social groups addressing coping skills and managing the stress of being a teen ager

MARYLAND SCIENCE OLYMPIAD

Affiliation/Service Area: not specified / Frederick County
 Days/Hours: not specified
 Age: Elementary thru High School
 Contact Info: 301-514-4555 al@msoteam.org www.marylandscienceolympiad.org
 Cost: \$200 per school team (15 students), \$40 per elementary classroom
 Services: After-school elementary-high school science, math, engineering, teamwork competitions, mentoring, and volunteer opportunities

ON THE MARK – ADOLESCENT CLUBHOUSE

Affiliation/Service Area: Frederick County Health Department / Frederick County
 Days/Hours: Monday – Friday 3:30 – 7:00 pm, Saturday 11:00 am – 5:00 pm
 Age: 12-17
 Contact Info: 301-600-1126 www.frederickcountymd.gov 350 Montevue Lane, Frederick MD
 Cost: free
 Services: The mission of the Activities Center is to provide a safe; community based adolescent clubhouse which provides developmentally appropriate services grounded in a peer-based support system. Activities: homework tutoring and GED assistance, computer lab, skills building and employment coaching, support group activities led by peer-recovery coaches, outdoor & indoor recreational activities, exercise, mediation, healthy cooking, snack and family night.

PROJECT ALIVE

Affiliation/Service Area: Housing Authority / City of Frederick (low income)
 Days/Hours: Monday – Friday 4:00 – 7:00 pm
 Age: 4-18
 Contact Info: 301-696-1875 projectalive@aol.com www.hacfrederick.org
 Cost: free
 Services: Housing Authority hosts several after school programs, including the Police Activities League at Lucas Village and several church sponsored after school programs at Carver and Lucas Village. They also offer educational enrichment programs for pre-k through high school.

STATIONS OF SUCCESS MARTIAL ARTS PROGRAM (SOSMAP)

Affiliation/Service Area: not specified / not specified
 Days/Hours: varies
 Age: 8-18
 Contact Info: 240-408-3478 nat_pailen@yahoo.com
 Cost: \$30.00/class

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Services: Life values taught through martial arts exercise. Each station has a life value paired with a martial arts exercise. The student learns the life value by performing the martial arts exercise.

THE FREDERICK YOUTH CENTER

Affiliation/Service Area: The Frederick Center Inc. / not specified
 Days/Hours: Wednesdays 7:00 – 9:00 pm
 Age: 14-23
 Contact Info: 301-606-4975 thefrederickcenter@gmail.com Grace United Church of Christ, 22 E. 2nd Street, Frederick
 Cost: free
 Services: Weekly peer support group - Mission of the organization: Supporting, educating, linking, organizing and providing outreach to the Lesbian, Bisexual, Transgender and Queer community and its allies.

Courage doesn't always roar. Sometimes courage is the little voice at the end of the day that says I'll try again tomorrow.

Mary Anne Radmacher

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PREGNANCY & CHILD BIRTH

FAMILIES PLUS

Affiliation/Service Area: none / Frederick County
 Days/Hours: varies
 Age: all
 Contact Info: 301-694-9002 www.familiesplus.org
 Cost: not specified
 Services: Education, support groups, childbirth, parenting classes

SPECIAL DELIVERY PROGRAM

Affiliation/Service Area: Frederick County Health Department / Frederick County
 Days/Hours: varies
 Age: any teen that is pregnant or has an infant 6 months or younger is eligible
 Contact Info: 301-600-1733 sd@frederickcountymd.gov
 Cost: free
 Services: The purpose of this program is to help improve pregnancy and newborn health. Recipients have their own nurse who provides health and safety education as well as resources for pregnancy and infant health.

TEEN CHILDBIRTH EDUCATION

Affiliation/Service Area: Frederick County Health Department / Frederick County
 Days/Hours: Wednesday evenings every other month from 6:00 – 800 pm
 Age: girls ages 13-21
 Contact Info: 301-600-3472 bfink@frederickcountymd.gov
 Cost: free
 Services: Our goal is to provide a warm, non-judgmental learning environment for teens by a certified Childbirth Educator. Classes are held at Family Partnership 8420 Gas House Pike, Frederick MD. Registration is required.

“I am not a product of my circumstances. I am a product of my decisions.”

Stephen Covey

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RECREATION PROGRAMS

BOYS & GIRLS CLUB OF FREDERICK COUNTY

Affiliation/Service Area: Boys & Girls Club / Frederick County
 Days/Hours: Monday thru Friday 3:00 – 6:30 pm (summer 6:30 am – 6:00 pm)
 Address: 413 Burck Street, Frederick MD
 Age: 6-14
 Contact Info: 301-600-1875 www.bgcfc.org 413 Burck Street, Frederick MD
 Cost: Varies by family income
 Services: Youth development programs for school-aged youth during out-of-school times. Provides a safe place for Frederick area youth to go after school and during the summer.

FC FREDERICK

Affiliation/Service Area: not specified / not specified
 Days/Hours: evenings & weekends
 Age: 4-18
 Contact Info: 301-471-4610 www.fcfrederick.com
 Cost: not specified
 Services: Full service soccer club for players of all levels.

FREDERICK CITY PARKS AND RECREATION

Affiliation/Service Area: City of Frederick / City of Frederick & Frederick County
 Days/Hours: varies per program
 Age: all
 Contact Info: 301-600-1493 www.cityoffrederick.com
 Cost: varies
 Services: Parks & Recreation offers a wide variety of programs for youth and adults

FREDERICK COUNTY DIVISION OF PARKS AND RECREATION

Affiliation/Service Area: Frederick County Government / Frederick County
 Days/Hours: varies per program
 Age: All
 Contact Info: 301-600-1646 www.frederickcountymd.gov
 Cost: varies
 Services: Parks & Recreation is responsible for operating a variety of parks, facilities, and recreation programs within Frederick County. This includes amenities such as adult fitness, athletic facilities, recreation classes, environmental and historical activities, special events, sports, trips, camps, and more!

FREDERICK NATIONAL LITTLE LEAGUE

Affiliation/Service Area: Little League / must reside within the boundaries of Frederick Little League
 Days/Hours: varies
 Age: 4-12
 Contact Info: 301-614-3606 fnllpresident@aol.com www.eteamz.com/fredericknational
 Cost: varies
 Services: The objective of the Frederick National Little League (FNLL) shall be to implant firmly in the children of the community the ideals of good sportsmanship, honesty, loyalty, courage and respect for authority. FNLL provides a supervised program under the Rules and Regulations of Little League Baseball, Inc.

FREDERICK POLICE ACTIVITIES LEAGUE

Affiliation/Service Area: Frederick Police Department / City of Frederick
 Days/Hours: Monday thru Thursday 4:00 – 7:00 pm (summer hours vary)
 Age: 8-18
 Contact Info: 301-600-2100

The information contained in this Youth Resource Guide does not reflect any recommendations or endorsement for the facilities, programs, or professionals listed. The Juvenile Delinquency Prevention Policy Board and its members assumes no liability for any act or omissions of such facilities, programs, or professionals.

Cost: free
 Services: PAL brings youngsters under the supervision and constructive influence of police officers and expands public awareness about their role in the community. Our goal is to provide positive and educational alternatives to gangs, drugs, criminal and other anti-social behavior. We achieve this goal through sports, educational and recreational activities in a healthy, structured, safe, and fun environment.

KEY CITY ROLLER DERBY

Affiliation/Service Area: not specified / not specified
 Days/Hours: varies
 Age: 18+
 Contact Info: 240-671-8971 snakebitebetty@gmail.com www.keycityrollerderby.org
 Cost: Monthly dues, initial skate purchase, and safety equipment
 Services: Key City Roller Derby (KCRD) is a league dedicated to sportsmanship, physical fitness, personal and social development, and community involvement. KCRD strives to support our league by partaking in competitive bouts under WFTDA rules, teamwork, and encouragement. KCRD is looking for individuals ages 18+ to participate in the league. We are looking for female skaters. There are also positions for male or female skating refs, or non-skating officials. We offer a full program of training for skating and learning derby.

ON THE MARK – ADOLESCENT CLUBHOUSE

Affiliation/Service Area: Frederick County Health Department / Frederick County Resident
 Days/Hours: Monday – Friday 3:30 – 7:00 pm, Saturday 11:00 am – 5:00 pm
 Age: 12-17
 Contact Info: 301-600-1126 www.frederickcountymd.gov 350 Montevue Lane, Frederick MD
 Cost: free
 Services: The mission of the Activities Center is to provide a safe; community based adolescent clubhouse which provides developmentally appropriate services grounded in a peer-based support system. Activities: homework tutoring and GED assistance, computer lab, skills building and employment coaching, support group activities led by peer-recovery coaches, outdoor & indoor recreational activities, exercise, mediation, healthy cooking, snack and family night.

PROJECT ALIVE

Affiliation/Service Area: Housing Authority / City of Frederick (low income)
 Days/Hours: Monday – Friday 4:00 – 7:00 pm
 Age: 4-18
 Contact Info: 301-696-1875 projectalive@aol.com www.hacfrederick.org
 Cost: free
 Services: Housing Authority hosts several after school programs, including the Police Activities League at Lucas Village and several church sponsored after school programs at Carver and Lucas Village. They also offer educational enrichment programs for pre-k through high school.

STATIONS OF SUCCESS MARTIAL ARTS PROGRAM (SOSMAP)

Affiliation/Service Area: not specified / not specified
 Days/Hours: varies
 Age: 8-18
 Contact Info: 240-408-3478 nat_pailen@yahoo.com
 Cost: \$30.00/class
 Services: Life values taught through martial arts exercise. Each station has a life value paired with a martial arts exercise. The student learns the life value by performing the martial arts exercise.

THE FREDERICK YOUTH CENTER

Affiliation/Service Area: The Frederick Center Inc. / not specified
 Days/Hours: Wednesdays 7:00 – 9:00 pm
 Age: 14-23
 Contact Info: 301-606-4975 thefrederickcenter@gmail.com Grace United Church of Christ, 22 E. 2nd Street, Frederick

The information contained in this Youth Resource Guide does not reflect any recommendations or endorsement for the facilities, programs, or professionals listed. The Juvenile Delinquency Prevention Policy Board and its members assumes no liability for any act or omissions of such facilities, programs, or professionals.

Cost: free
 Services: Weekly peer support group - Mission of the organization: Supporting, educating, linking, organizing and providing outreach to the Lesbian, Bisexual, Transgender and Queer community and its allies

YMCA OF FREDERICK COUNTY

Affiliation/Service Area: YMCA / Frederick County
 Days/Hours: varies by location
 Age: all ages
 Contact Info: 301-663-5131 (N. Market Street branch) www.frederickymca.org
 Cost: varies
 Services: Membership organization that offers health & wellness programs; childcare; camps; sports; swimming and aquatics; dance and gymnastics; Head Start; before and after school care.

**The course of life is unpredictable... no one can write his
 autobiography in advance.**

Abraham Joshua Heschel

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SCHOOL ASSISTANCE & SUPPORT

BOYS & GIRLS CLUB OF FREDERICK COUNTY

Affiliation/Service Area: Boys & Girls Club / Frederick County
 Days/Hours: Monday thru Friday 3:00 – 6:30 pm (summer 6:30 am – 6:00 pm)
 Age: 6-14
 Contact Info: 301-600-1875 www.bgcfc.org
 Cost: Varies by family income
 Services: Youth development programs for school-aged youth during out-of-school times. Provides a safe place for Frederick area youth to go after school and during the summer.

CALM – COMMUNITY MEDIATION AND CONFLICT RESOLUTION CENTER

Affiliation/Service Area: none / Frederick County
 Days/Hours: varies
 Age: not specified
 Contact Info: 301-631-2256 www.calmfrederick.org
 Cost: mediation services – free;
 Services: CALM offers free mediation services to all Frederick County Residents. CALM can assist with neighbor, parent/child, landlord/tenant, custody issues, visitation schedules, etc. CALM also provides Independent Educational Program (IEP), Meeting Facilitation and School Attendance Mediation.

FAMILIES PLUS

Affiliation/Service Area: not specified / Frederick County
 Days/Hours: not specified
 Age: all
 Contact Info: 301-694-9002 www.familiesplus.org
 Cost: varies
 Services: Education, support groups, childbirth, parenting classes

FAMILY PARTNERSHIP

Affiliation/Service Area: Frederick County Government / Frederick County
 Days/Hours: Monday thru Thursday 9:30 am–3:00 pm
 Age: 16-21
 Contact Info: 301-600-2206 www.frederickcountymd.gov/fp
 Cost: not specified
 Services: Adult education, employability Services, Parent Education, Case Management, Tutoring, Mentoring, Service Learning, Leadership Opportunities. Limited transportation available.

FREDERICK COUNTY PUBLIC SCHOOLS - HOMELESS EDUCATION PROGRAM

Affiliation/Service Area: Frederick County Public Schools / Frederick County
 Days/Hours: Monday – Friday 9:00 am – 3:00 pm when school is in session
 Age: birth to 21
 Contact Info: 301-644-5290 www.fcps.org
 Cost: Free
 Services: Immediate enrollment in school for youth who are not in the physical custody of a legal parent or guardian (even without accompanying parent/guardian or records normally required for school enrollment); assistance with school selection; automatic free school breakfast and lunch; bus transportation from youth's current location and from school; tutoring/mentoring as well as school supplies, hygiene items, food, clothing, fuel or any item/service needed to fully participate in school.

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FREDERICK POLICE ACTIVITIES LEAGUE

Affiliation/Service Area: Frederick Police Department / City of Frederick
 Days/Hours: Monday thru Thursday 4:00 – 7:00 pm (summer hours vary)
 Age: 8-18
 Contact Info: 301-600-2100 www.frederickpal.org
 Cost: free
 Services: PAL brings youngsters under the supervision and constructive influence of police officers and expands public awareness about their role in the community. Our goal is to provide positive and educational alternatives to gangs, drugs, criminal and other anti-social behavior. We achieve this goal through sports, educational and recreational activities in a healthy, structured, safe, and fun environment.

MARYLAND SCIENCE OLYMPIAD

Affiliation/Service Area: not specified / not specified
 Days/Hours: not specified
 Age: Elementary thru High School
 Contact Info: 301-514-4555 al@msoteam.org www.marylandscienceolympiad.org
 Cost: \$200 per school team (15 students), \$40 per elementary classroom
 Services: After-school elementary-high school science, math, engineering, teamwork competitions, mentoring, and volunteer opportunities.

ON THE MARK – ADOLESCENT CLUBHOUSE

Affiliation/Service Area: Frederick County Health Department / Frederick County Resident
 Days/Hours: Monday – Friday 3:30 – 7:00 pm, Saturday 11:00 am – 5:00 pm
 Age: 12-17
 Contact Info: 301-600-1126 www.frederickcountymd.gov 350 Montevue Lane, Frederick MD
 Cost: free
 Services: The mission of the Activities Center is to provide a safe; community based adolescent clubhouse which provides developmentally appropriate services grounded in a peer-based support system. Activities: homework tutoring and GED assistance, computer lab, skills building and employment coaching, support group activities led by peer-recovery coaches, outdoor & indoor recreational activities, exercise, mediation, healthy cooking, snack and family night.

PARTNERS FOR SUCCESS

Affiliation/Service Area: Frederick County Public Schools
 Days/Hours:
 Age: 3-21
 Contact Info: 240-236-8744 partners.forsuccess@fcps.org
 Services: The purpose of this center is to provide the skills and knowledge that will enable families of children and youth with disabilities, ages 3-21, and professionals to function as equal partners in the educational decision making process and to assist families in accessing services for their children.

PROJECT ALIVE

Affiliation/Service Area: Housing Authority / City of Frederick (must be low income)
 Days/Hours: Monday – Friday 4:00 – 7:00 pm
 Age: 4-18
 Contact Info: 301-696-1875 projectalive@aol.com www.hacfrederick.org
 Cost: free
 Services: Housing Authority hosts several after school programs, including the Police Activities League at Lucas Village and several church sponsored after school programs at Carver and Lucas Village. They also offer educational enrichment programs for pre-k through high school.

THE ARC OF FREDERICK COUNTY

Affiliation/Service Area: not specified / Frederick County
 Days/Hours: varies
 Age: all
 Contact Info: 301-663-0909 www.arcfc.org 620-A Research Blvd., Frederick MD

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Cost: not specified
 Services: The Arc of Frederick County provides advocacy, access to resources, and assistance in increasing individual and family connections for people with developmental disabilities. The organization seeks creative solutions to help people with developmental disabilities attain their goals.

THE FREDERICK YOUTH CENTER

Affiliation/Service Area: The Frederick Center Inc. / not specified
 Days/Hours: Wednesdays 7:00 – 9:00 pm
 Age: 14-23
 Contact Info: 301-606-4975 thefrederickcenter@gmail.com Grace United Church of Christ, 22 E. 2nd Street, Frederick
 Cost: free
 Services: Weekly peer support group - Mission of the organization: Supporting, educating, linking, organizing and providing outreach to the Lesbian, Bisexual, Transgender and Queer community and its allies.

Give thanks for what you are now, and keep fighting for what
 you want to be tomorrow.

Fernanda Miramontes-Landeros

SPORTS PROGRAMS

EAST FREDERICK LITTLE LEAGUE

Affiliation/Service Area:	Little League / Reside within the boundaries of East Frederick Little League		
Days/Hours:	varies (Spring & Fall)		
Age:	4-12		
Contact Info:	301-523-9674	www.efllbaseball.com	
Cost:	varies on program		
Services:	Provide youth the development of baseball skills and how to be part of a team. Players learn sportsmanship while they are learning how to play baseball.		

FC FREDERICK

Affiliation/Service Area:	not specified / not specified		
Days/Hours:	evenings & weekends		
Age:	4-18		
Contact Info:	301-471-4610	www.fcfrederick.com	
Cost:	varies		
Services:	Full service soccer club for players of all levels.		

FOUR COUNTY LITTLE LEAGUE

Affiliation/Service Area:	Little League International / Geographic		
Days/Hours:	M-F after 4:00 pm and weekends		
Age:	4-15		
Contact Info:	information@fcllbaseball.org	www.fcllbaseball.weebly.com	
Cost:	\$50-\$100		
Services:	Mount Airy based Little League organization dedicated to developing superior players and better citizens for a stronger community through the great sport of baseball.		

FREDERICK CITY PARKS AND RECREATION

Affiliation/Service Area:	City of Frederick / City of Frederick & Frederick County		
Days/Hours:	varies per program		
Age:	youth to adult		
Contact Info:	301-600-1493	www.cityoffrederick.com	
Cost:	varies per program		
Services:	Parks & Recreation offers a wide variety of programs for youth and adults		

FREDERICK COUNTY DIVISION OF PARKS AND RECREATION

Affiliation/Service Area:	Frederick County Government / Frederick County		
Days/Hours:	varies per program		
Age:	All		
Contact Info:	301-600-1646	www.frederickcountymd.gov	
Cost:	varies		
Services:	Parks & Recreation is responsible for operating a variety of parks, facilities, and recreation programs within Frederick County. This includes amenities such as adult fitness, athletic facilities, recreation classes, environmental and historical activities, special events, sports, trips, camps, and more!		

FREDERICK NATIONAL LITTLE LEAGUE

Affiliation/Service Area:	Little League / reside within the boundaries of Frederick Little League		
Days/Hours:	varies		
Age:	4-12		
Contact Info:	301-614-3606	fnllpresident@aol.com	www.eteamz.com/fredericknational
Cost:	varies		
Services:	The objective of the Frederick National Little League (FNLL) shall be to implant firmly in the children of the community the ideals of good sportsmanship, honesty, loyalty, courage and respect for		

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authority. FNLL provides a supervised program under the Rules and Regulations of Little League Baseball, Inc.

FREDERICK POLICE ACTIVITIES LEAGUE

Affiliation/Service Area: Frederick Police Department / City of Frederick
 Days/Hours: Monday thru Thursday 4:00 – 7:00 pm (summer hours vary)
 Age: 8-18
 Contact Info: 301-600-2100 www.frederickpal.org
 Cost: free
 Services: PAL brings youngsters under the supervision and constructive influence of police officers and expands public awareness about their role in the community. Our goal is to provide positive and educational alternatives to gangs, drugs, criminal and other anti-social behavior. We achieve this goal through sports, educational and recreational activities in a healthy, structured, safe, and fun environment.

GOLDEN MILE SOCCER

Affiliation/Service Area: FC Frederick Soccer Club / Hillcrest & Waverley Elementary Schools
 Days/Hours: evenings and weekends in spring
 Age: K-5th grade
 Contact Info: 301-471-4610 www.fcfrederick.com
 Cost: free
 Services: After school soccer program for kids attending Hillcrest and Waverley Elementary Schools

KEY CITY ROLLER DERBY

Affiliation/Service Area: not specified / not specified
 Days/Hours: varies
 Age: 18+
 Contact Info: 240-671-8971 snakebitebetty@gmail.com www.keycityrollerderby.org
 Cost: Monthly dues, initial skate purchase, and safety equipment
 Services: Key City Roller Derby (KCRD) is a league dedicated to sportsmanship, physical fitness, personal and social development, and community involvement. KCRD strives to support our league by partaking in competitive bouts under WFTDA rules, teamwork, and encouragement. KCRD is looking for individuals ages 18+ to participate in the league. We are looking for female skaters. There are also positions for male or female skating refs, or non-skating officials. We offer a full program of training for skating and learning derby.

ON THE MARK – ADOLESCENT CLUBHOUSE

Affiliation/Service Area: Frederick County Health Department / Frederick County Resident
 Days/Hours: Monday – Friday 3:30 – 7:00 pm, Saturday 11:00 am – 5:00 pm
 Age: 12-17
 Contact Info: 301-600-1126 www.frederickcountymd.gov 350 Montevue Lane, Frederick MD
 Cost: free
 Services: The mission of the Activities Center is to provide a safe; community based adolescent clubhouse which provides developmentally appropriate services grounded in a peer-based support system. Activities: homework tutoring and GED assistance, computer lab, skills building and employment coaching, support group activities led by peer-recovery coaches, outdoor & indoor recreational activities, exercise, mediation, healthy cooking, snack and family night.

STATIONS OF SUCCESS MARTIAL ARTS PROGRAM (SOSMAP)

Affiliation/Service Area: not specified / not specified
 Days/Hours: varies
 Age: 8-18
 Contact Info: 240-408-3478 nat_pailen@yahoo.com
 Cost: \$30.00/class
 Services: Life values taught through martial arts exercise. Each station has a life value paired with a martial arts exercise. The student learns the life value by performing the martial arts exercise.

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YMCA OF FREDERICK COUNTY

Affiliation/Service Area: YMCA / Frederick County
Days/Hours: varies by location
Age: all ages
Contact Info: 301-663-5131 www.frederickymca.org
Cost: varies
Services: Membership organization that offers Health.& Wellness programs; childcare; camps; sports; swimming and aquatics; dance and gymnastics; Head Start; before and after school care

Pick battles big enough to matter, small enough to win.

Jonathan Koze1

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SUBSTANCE ABUSE

ALCOHOLICS ANONYMOUS

Affiliation/Service Area: not specified / not specified
 Days/Hours: not specified
 Age: not specified
 Contact Info: 301-662-0544
 Cost: not specified
 Services: Support groups for alcoholics

ALLIED FAMILY COUNSELING

Affiliation/Service Area: not specified / not specified
 Days/Hours: varies
 Age: not specified
 Contact Info: 301-698-7077
 Cost: not specified
 Services: Counseling, chemical dependency, addiction, recovery

BEHAVIORAL HEALTH SERVICES / SUBSTANCE ABUSE – Frederick County Health Department

Affiliation/Service Area: Frederick County Health Department / Frederick County
 Days/Hours: Monday – Thursday 8:00 am – 8:00 pm, Friday 8:00 am – 5:00 pm
 Age:
 Contact Info: 301-600-1755 (up to age 18) 301-600-1775 (18 & over)
 Cost: Sliding scale / medical assistance / insurance
 Services: Program tailored to meet the differentiated needs of adolescents and provides a variety of prevention services.

CATOCTIN COUNSELING

Affiliation/Service Area: not specified / not specified
 Days/Hours: varies
 Age: not specified
 Contact Info: 301-631-1304
 Cost: not specified
 Services: Substance abuse, families, couples, and individual counseling

FAMILIES PLUS

Affiliation/Service Area: not specified / Frederick County
 Days/Hours: not specified
 Age: all
 Contact Info: 301-694-9002 www.familiesplus.org
 Cost: not specified
 Services: Education, support groups, childbirth, parenting classes

FREDERICK RESCUE MISSION

Affiliation/Service Area: not specified / Frederick County
 Days/Hours: varies
 Age: Adult & kindergarten thru 5th for a summer program
 Contact Info: 301-695-6633
 Cost: free
 Services: substance abuse rehab for men and have a kids summer program for kids grade K-5

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MULTI SYSTEMIC THERAPY (MST)

Affiliation/Service Area: WayStation Inc. / must be referred by Department of Juvenile Services
 Days/Hours: scheduled appointments
 Age: 12-17
 Contact Info: 240-344-5766 www.waystation.org
 Cost: free
 Services: Grant funded program working to explore the youth's community, school, peer, & family relationships in order to create change where necessary. Work to empower family to solve current and future problems.

ON THE MARK – ADOLESCENT CLUBHOUSE

Affiliation/Service Area: Frederick County Health Department / Frederick County Resident
 Days/Hours: Monday – Friday 3:30 – 7:00 pm, Saturday 11:00 am – 5:00 pm
 Age: 12-17
 Contact Info: 301-600-1126 www.frederickcountymd.gov 350 Montevue Lane, Frederick MD
 Cost: free
 Services: The mission of the Activities Center is to provide a safe; community based adolescent clubhouse which provides developmentally appropriate services grounded in a peer-based support system. Activities: homework tutoring and GED assistance, computer lab, skills building and employment coaching, support group activities led by peer-recovery coaches, outdoor & indoor recreational activities, exercise, mediation, healthy cooking, snack and family night.

The best day of your life is the one on which you decide your life is your own. No apologies or excuses. No one to lean on, rely on, or blame. The gift is yours - it is an amazing journey - and you alone are responsible for the quality of it. This is the day your life really begins.

Bob Moawad

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SUMMER CAMPS & PROGRAMS

4-H

Affiliation/Service Area:	4-H / Frederick County
Days/Hours:	not specified
Age:	not specified
Contact Info:	301-600-1594
Cost:	not specified
Services:	Youth participation in hands-on learning experiences to develop life skills through 4-H projects, 4-H Club meetings, and 4-H activities.

BOYS & GIRLS CLUB OF FREDERICK COUNTY

Affiliation/Service Area:	Boys & Girls Club / Frederick County
Days/Hours:	Monday thru Friday 3:00 – 6:30 pm (Summer 6:30 am – 6:00 pm)
Age:	6-14
Contact Info:	301-600-1875 www.bgcfc.org 413 Burck Street, Frederick MD
Cost:	Varies by family income
Services:	Youth development programs for school-aged youth during out-of-school times. Provides a safe place for Frederick area youth to go after school and during the summer.

CIVIL AIR PATROL (CAP)

Affiliation/Service Area:	United States Airforce Auxiliary / not specified
Days/Hours:	Meetings are held on Tuesday evenings from 7:00 – 9:00 pm
Age:	12-18
Contact Info:	301-694-2312 rick_palace@mac.com www.gocivilairpatrol.com
Cost:	est. \$100
Services:	CAP's cadet program is unique in that it uses aviation as a cornerstone. Thousands of young people from 12 years through age 21 are introduced to aviation through CAP's cadet program. The program allows young people to progress at their own pace through a 16-step program including aerospace education, leadership training, physical fitness and moral leadership. Cadets compete for academic scholarships to further their studies in fields such as engineering, science, aircraft mechanics, aerospace medicine, meteorology, as well as many others. Those cadets who earn cadet officer status may enter the Air Force as an E3 (airman first class) rather than an E1 (airman basic).

FC FREDERICK

Affiliation/Service Area:	not specified / not specified
Days/Hours:	evenings & weekends
Age:	4-18
Contact Info:	301-471-4610 www.fcfrederick.com
Cost:	varies
Services:	Full service soccer club for players of all levels.

FREDERICK CITY PARKS AND RECREATION

Affiliation/Service Area:	City of Frederick / City of Frederick & Frederick County
Days/Hours:	varies per program
Age:	all
Contact Info:	301-600-1493 www.cityoffrederick.com
Cost:	varies
Services:	Parks & Recreation offers a wide variety of programs for youth and adults

The information contained in this Youth Resource Guide does not reflect any recommendations or endorsement for the facilities, programs, or professionals listed. The Juvenile Delinquency Prevention Policy Board and its members assumes no liability for any act or omissions of such facilities, programs, or professionals.

FREDERICK COUNTY DIVISION OF PARKS AND RECREATION

Affiliation/Service Area: Frederick County Government / Frederick County
 Days/Hours: varies per program
 Age: All
 Contact Info: 301-600-1646 www.fredeickcountymd.gov
 Cost: varies
 Services: Parks & Recreation is responsible for operating a variety of parks, facilities, and recreation programs within Frederick County. This includes amenities such as adult fitness, athletic facilities, recreation classes, environmental and historical activities, special events, sports, trips, camps, and more!

FREDERICK POLICE ACTIVITIES LEAGUE

Affiliation/Service Area: Frederick Police Department / City of Frederick
 Days/Hours: Monday thru Thursday 4:00 – 7:00 pm (summer hours vary)
 Age: 8-18
 Contact Info: 301-600-2100 www.frederickpal.org
 Cost: free
 Services: PAL brings youngsters under the supervision and constructive influence of police officers and expands public awareness about their role in the community. Our goal is to provide positive and educational alternatives to gangs, drugs, criminal and other anti-social behavior. We achieve this goal through sports, educational and recreational activities in a healthy, structured, safe, and fun environment.

FREDERICK RESCUE MISSION

Affiliation/Service Area: not specified / Frederick County
 Days/Hours: varies
 Age: Adult & kindergarten thru 5th for a summer program
 Contact Info: 301-695-6633
 Cost: free
 Services: Provides substance abuse rehab for men & have a kids summer program for kids grade K-5

GIRL SCOUT COUNCIL OF THE NATIONS CAPITAL, FREDERICK COUNTY

Affiliation/Service Area: Girls Scouts / Frederick County
 Days/Hours: Monday thru Friday 9:00 – 5:00 pm
 Age: 5-17
 Contact Info: 301-662-5106 x 11 www.gscnc.org
 Cost: \$10 for yearly membership
 Services: Girl Scouts offers values-based and contemporary programs for girls, where they can make friends, learn new skills, play sports, create art and travel abroad.

MARYLAND SCIENCE OLYMPIAD

Affiliation/Service Area: not specified / Frederick County
 Days/Hours: varies
 Age: Elementary thru High School
 Contact Info: 301-514-4555 al@msoteam.org www.marylandscienceolympiad.org
 Cost: \$200 per school team (15 students), \$40 per elementary classroom
 Services: After-school elementary-high school science, math, engineering, teamwork competitions, mentoring, and volunteer opportunities.

PROJECT ALIVE

Affiliation/Service Area: Housing Authority / City of Frederick (low Income)
 Days/Hours: Monday – Friday 4:00 – 7:00 pm
 Age: 4-18
 Contact Info: 301-696-1875 projectalive@aol.com www.hacfrederick.org
 Cost: free
 Services: Housing Authority hosts several after school programs, including the Police Activities League at Lucas Village and several church sponsored after school programs at Carver and Lucas Village. They also offer educational enrichment programs for pre-k through high school.

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RED CROSS

Affiliation/Service Area: Red Cross / Frederick County
 Days/Hours: varies
 Age: varies per program
 Contact Info: 301-662-5131
 Cost: varies
 Services: Disaster relief, health and safety training

SEED OF LIFE NURSERIES, INC.

Affiliation/Service Area: not specified / Frederick County
 Days/Hours: varies
 Age: 5-17
 Contact Info: 240-344-6533 solnurseries@gmail.com
 Cost: not specified
 Services: Seed of Life Nurseries provides food, educational programs and job assistance for local low income families.

YMCA OF FREDERICK COUNTY

Affiliation/Service Area: YMCA / Frederick County
 Days/Hours: varies by location
 Age: all ages
 Contact Info: -663-5131 (Market Street branch) www.frederickymca.org
 Cost: varies
 Services: Membership organization that offers Health.& Wellness programs; childcare; camps; sports; swimming and aquatics; dance and gymnastics; Head Start; before and after school care

The thing that is really hard, and really amazing, is giving up on being perfect and beginning the work of becoming yourself.

Anna Quindlen

VOLUNTEER OPPORTUNITIES

CALM – COMMUNITY MEDIATION AND CONFLICT RESOLUTION CENTER

Affiliation/Service Area: none / Frederick County
 Days/Hours: varies
 Age: all
 Contact Info: 301-631-2256 www.calmfrederick.org
 Cost: mediation services – free;
 Services: CALM offers free mediation services to all Frederick County Residents. CALM can assist with neighbor, parent/child, landlord/tenant, custody issues, visitation schedules, etc. CALM also provides Independent Educational Program (IEP) Meeting Facilitation.

FAMILIES PLUS

Affiliation/Service Area: none / Frederick County
 Days/Hours: varies
 Age: birth to adult
 Contact Info: 301-694-9002 www.familiesplus.org
 Cost: varies
 Services: Education, support groups, childbirth, parenting classes

FC FREDERICK

Affiliation/Service Area: none / all
 Days/Hours: evenings & weekends
 Age: 4-18
 Contact Info: 301-471-4610 www.fcfrederick.com
 Cost: varies
 Services: Full service soccer club for players of all levels.

FREDERICK COUNTY DIVISION OF PARKS AND RECREATION

Affiliation/Service Area: Frederick County / Frederick County
 Days/Hours: varies per program
 Age: All
 Contact Info: 301-600-1646 www.frederickcountymd.gov
 Cost: varies
 Services: Parks & Recreation is responsible for operating a variety of parks, facilities, and recreation programs within Frederick County. This includes amenities such as adult fitness, athletic facilities, recreation classes, environmental and historical activities, special events, sports, trips, camps, and more!

GOLDEN MILE SOCCER

Affiliation/Service Area: FC Frederick Soccer Club / Hillcrest & Waverley Elementary Schools
 Days/Hours: evenings and weekends in spring
 Age: K-5th grade
 Contact Info: 301-471-4610 www.fcfrederick.com
 Cost: free
 Services: After school soccer program for kids attending Hillcrest and Waverley Elementary Schools

HABITAT FOR HUMANITY OF FREDERICK COUNTY

Affiliation/Service Area: Habitat for Humanity International / Frederick County
 Days/Hours: varies
 Age: 16 years and up

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Contact Info: 301-698-2449 www.frederickhabitat.com
 Cost:
 Services: Habitat for Humanity of Frederick County builds homes, rehab homes and revitalize neighborhoods for people in need of a hand up, but not a hand out. We also operate the Habitat ReStore at 622 North Market Street as a means to fund our mission of bringing people together to build homes, communities and hope. All skill levels welcome!

ON THE MARK – ADOLESCENT CLUBHOUSE

Affiliation/Service Area: Frederick County Health Department / Frederick County Resident
 Days/Hours: Monday – Friday 3:30 – 7:00 pm, Saturday 11:00 am – 5:00 pm
 Age: 12-17
 Contact Info: 301-600-1126 www.frederickcountymd.gov 350 Montevue Lane, Frederick MD
 Cost: free
 Services: The mission of the Activities Center is to provide a safe; community based adolescent clubhouse which provides developmentally appropriate services grounded in a peer-based support system. Activities: homework tutoring and GED assistance, computer lab, skills building and employment coaching, support group activities led by peer-recovery coaches, outdoor & indoor recreational activities, exercise, mediation, healthy cooking, snack and family night.

PROJECT ALIVE

Affiliation/Service Area: Housing Authority / Low Income families
 Days/Hours: Monday – Friday 4:00 – 7:00 pm
 Age: 4-18
 Contact Info: 301-696-1875 projectalive@aol.com www.hacfrederick.org
 Cost: free
 Services: Housing Authority hosts several after school programs, including the Police Activities League at Lucas Village and several church sponsored after school programs at Carver and Lucas Village. They also offer educational enrichment programs for pre-k through high school.

RED CROSS

Affiliation/Service Area: Red Cross / Frederick County
 Days/Hours: varies
 Age: varies per program
 Contact Info: 301-662-5131
 Cost: varies
 Services: Disaster relief, health and safety training

SAFE KIDS FREDERICK COUNTY (SKFC)

Affiliation/Service Area: Families Plus. Inc. / Frederick County
 Days/Hours: vary
 Age: birth - 19
 Contact Info: 301-694-9002 nboyd@familiesplus.org
 Services: SKFC is a coalition of representatives from various agencies & organizations, all interested in preventing injuries to children. SKFC provides injury prevention presentations to community groups, parents, and caregivers as well as provides assistance with low cost car seats & bicycle helmets. SKFC also provides assistance with Bike Rodeos, Child Passenger Safety Technician Training, and child safety seat checkpoints. SKFC also participates in many community events each year.

SEED OF LIFE NURSERIES, INC.

Affiliation/Service Area: none specified / Frederick County
 Days/Hours: varies
 Age: 5-17
 Contact Info: 240-344-6533 solnurseries@gmail.com
 Cost: not specified
 Services: Seed of Life Nurseries provides food, educational programs and job assistance for local low income families.

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THE ARC OF FREDERICK COUNTY

Affiliation/Service Area: none specified / Frederick County
 Days/Hours: varies
 Age: all
 Contact Info: 301-663-0909 www.arcfc.org 620-A Research Blvd., Frederick MD
 Cost:
 Services: The Arc of Frederick County provides advocacy, access to resources, and assistance in increasing individual and family connections for people with developmental disabilities.

THE FREDERICK YOUTH CENTER

Affiliation/Service Area: The Frederick Center Inc. / none specified
 Days/Hours: Wednesdays 7:00 – 9:00 pm
 Age: 14-23
 Contact Info: 301-606-4975 thefrederickcenter@gmail.com Grace United Church of Christ, 22 E. 2nd Street, Frederick
 Cost: free
 Services: Weekly peer support group - Mission of the organization: Supporting, educating, linking, organizing and providing outreach to the Lesbian, Bisexual, Transgender and Queer community and its allies.

YMCA OF FREDERICK COUNTY

Affiliation/Service Area: YMCA / Frederick County
 Days/Hours: varies by location
 Age: all ages
 Contact Info: 301-663-5131 (North Market Street branch) www.frederickymca.org
 Cost: varies
 Services: Membership organization that offers Health & Wellness programs; childcare; camps; sports; swimming and aquatics; dance and gymnastics; Head Start; before and after school care.

Neither a wise man nor a brave man lies down on the tracks of history to wait for the train of the future to run over him.

Dwight D. Eisenhower

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YOUTH SERVICES & PROGRAMS

4-H

Affiliation/Service Area:	4-H / Frederick County
Days/Hours:	not specified
Age:	not specified
Contact Info:	301-600-1594
Cost:	not specified
Services:	Youth participation in hands-on learning experiences to develop life skills through 4-H projects, 4-H Club meetings, and 4-H activities

BIG BROTHERS BIG SISTERS OF FREDERICK COUNTY, MD, INC

Affiliation/Service Area:	Big Brothers Big Sisters / Frederick County
Days/Hours:	Monday – Friday 9:00 am – 5:00 pm (by appointment only)
Age:	6-14
Contact Info:	301-694-9455 info@bbbsfrederick.org www.bbbsfrederick.org
Cost:	Free
Services:	Adult role models and companionship for high risk children, ages 6-14.

BOY SCOUTS OF AMERICA

Affiliation/Service Area:	National Capital Area Council / none specified
Days/Hours:	Monday – Friday 9:00 am – 5:00 pm
Age:	not specified
Contact Info:	301-530-9360 www.boyscouts-ncac.org
Cost:	not specified
Services:	The mission of the Boy Scouts of America is to prepare young people to make ethical choices over their lifetimes by instilling in them the values of the Scout Oath and Law.

BOYS & GIRLS CLUB OF FREDERICK COUNTY

Affiliation/Service Area:	Boys & Girls Club / Frederick County
Days/Hours:	Monday thru Friday 3:00 – 6:30 pm (Summer 6:30 am – 6:00 pm)
Age:	6-14
Contact Info:	301-600-1875 www.bgcfc.org 413 Burck Street, Frederick MD
Cost:	Varies by family income
Services:	Youth development programs for school-aged youth during out-of-school times. Provides a safe place for Frederick area youth to go after school and during the summer.

BUTTERFLY COACHING

Affiliation/Service Area:	none specified / Frederick County
Days/Hours:	Day, evening & weekend appointments
Age:	13-19
Contact Info:	240-626-6259 butterflycoach@gmail.com www.butterflycoaching.com
Cost:	workshop \$45 for 2 classes / Private Sessions \$40 each
Services:	Teen empowerment coaching for teenage girls. Workshops and private coaching designed to assist young women in setting and achieving personal and academic goals, while coaching the girls to heal from emotional pain and roadblocks preventing them from living a productive lifestyle.

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CALM – COMMUNITY MEDIATION AND CONFLICT RESOLUTION CENTER

Affiliation/Service Area: none / Frederick County
 Days/Hours: varies
 Age: not specified
 Contact Info: 301-631-2256 www.calmfrederick.org
 Cost: mediation services – free;
 Services: CALM offers free mediation services to all Frederick County Residents. CALM can assist with neighbor, parent/child, landlord/tenant, custody issues, visitation schedules, etc. CALM also provides Independent Educational Program (IEP), Meeting Facilitation and School Attendance Mediation.

CHILDRENS MOBILE CRISIS

Affiliation/Service Area: WayStation / Frederick County
 Days/Hours: 24 hours / 7 days a week
 Age: birth to 18
 Contact Info: 211 www.waystation.org
 Cost: Free
 Services: Mobile mental health treatment for child and adolescent. Suicide ideation, suicide threat with intent and mean, acts of aggression and self-injury

CIVIL AIR PATROL (CAP)

Affiliation/Service Area: United State Air Force Auxiliary / none specified
 Days/Hours: Meetings are held on Tuesday evenings from 7:00 – 9:00 pm
 Age: 12-21
 Contact Info: 301-694-2312 rick_palace@mac.com www.gocivilairpatrol.com
 Cost: est. \$100
 Services: The program allows young people to progress at their own pace through a 16-step program including aerospace education, leadership training, physical fitness and moral leadership. Cadets compete for academic scholarships to further their studies in fields such as engineering, science, aircraft mechanics, aerospace medicine, meteorology, as well as many others.

ETIQUETTE FOR EVERYDAY

Affiliation/Service Area: none specified / all
 Days/Hours: varies
 Age: ages 5 and up
 Contact Info: 301-829-6944 kelly@etiquetteforeveryday.com www.etiquetteforeveryday.com
 Cost: varies
 Services: Etiquette For Everyday helps youth and adults build confidence in a variety of social and professional situations through classes and speaking engagements. Areas of instruction include social etiquette, dining etiquette and communications skills. Our mission is to build confidence, promote every day courtesies and teach others how to positively connect.

FAMILIES PLUS

Affiliation/Service Area: none specified / Frederick County
 Days/Hours: not specified
 Age: all
 Contact Info: 301-694-9002 www.familiesplus.org
 Cost: not specified
 Services: Education, support groups, childbirth, parenting classes

FAMILY PARTNERSHIP

Affiliation/Service Area: Frederick County Government / Frederick County
 Days/Hours: Monday thru Thursday 9:30 am–3:00 pm
 Age: 16-21
 Contact Info: 301-600-2206 www.frederickcountymd.gov/fp
 Cost: not specified

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Services: Adult education, employability Services, Parent Education, Case Management, Tutoring, Mentoring, Service Learning, Leadership Opportunities. Limited transportation available.

FAMILY PRESERVATION

Affiliation/Service Area: WayStation / Frederick County Resident with a child in the home under age 17
 Days/Hours: 24 hours a day / 7 days a week
 Age: family unit
 Contact Info: 301-662-0099 x 2501 www.waystationinc.org
 Cost: Free
 Services: Intensive in home services. Team of two staff, designed to help families resolve crisis and stay together, through behavioral and clinical interventions. Five hours a week for 6 weeks, identify basic goals and create long term changes. Team available 24/7. Team makes connections with the community to help preserve the family unit.

FREDERICK CITY PARKS AND RECREATION

Affiliation/Service Area: City of Frederick / City of Frederick & Frederick County
 Days/Hours: varies per program
 Age: all
 Contact Info: 301-600-1493 www.cityoffrederick.com
 Cost: varies
 Services: Parks & Recreation offers a wide variety of programs for youth and adults

FREDERICK COUNTY PARKS AND RECREATION

Affiliation/Service Area: Frederick County / Frederick County
 Days/Hours: varies per program
 Age: varies
 Contact Info: 301-600-1646 www.frederickcountymd.gov
 Cost: varies
 Services: variety of programs for youth and adults

FREDERICK POLICE ACTIVITIES LEAGUE

Affiliation/Service Area: Frederick Police Department / City of Frederick
 Days/Hours: Monday thru Thursday 4:00 – 7:00 pm (summer hours vary)
 Age: 8-18
 Contact Info: 301-600-2100 www.frederickpal.org
 Cost: free
 Services: PAL brings youngsters under the supervision and constructive influence of police officers and expands public awareness about their role in the community. Our goal is to provide positive and educational alternatives to gangs, drugs, criminal and other anti-social behavior. We achieve this goal through sports, educational and recreational activities in a healthy, structured, safe, and fun environment.

+

GIRL SCOUT COUNCIL OF THE NATIONS CAPITAL, FREDERICK COUNTY

Affiliation/Service Area: Girl Scouts / Frederick County
 Days/Hours: Monday thru Friday 9:00 – 5:00 pm
 Age: 5-17
 Contact Info: 301-662-5106 x 11 www.gscnc.org
 Cost: \$10 for yearly membership
 Services: Girl Scouts offers values-based and contemporary programs for girls, where they can make friends, learn new skills, play sports, create art and travel abroad.

LEAD4LIFE INC. – READY 4 WORK PROGRAM

Affiliation/Service Area: Lead4Life / Frederick County
 Days/Hours: flexible
 Age: 15-25
 Contact Info: 301-672-4319 gauthier@lead4lifeinc.org
 Cost: \$30/hour

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Services: Serving teenagers and young adults ages 15-25 in need of job readiness skills. Help with resume writing, interview skills, filling out job application, and proper attire.

LEAD4LIFE INC. – SOCIAL & CLINICAL MENTORING PROGRAM

Affiliation/Service Area: Lead4Life / Frederick County
 Days/Hours: flexible
 Age: up to age 18
 Contact Info: 301-672-4319 gauthier@lead4lifeinc.org
 Cost: fee varies
 Services: Servicing youth in need of guidance with daily life skills, pro-social skills, and competency development. Provides mentoring to youth with mental health, substance abuse, and behavioral concerns.

LEAD4LIFE INC. - TEENAGE GIRL EMPOWERMENT SESSIONS

Affiliation/Service Area: Lead4Life / Frederick County
 Days/Hours: flexible
 Age: 13-18
 Contact Info: 301-672-4319 gauthier@lead4lifeinc.org
 Cost: \$45/hour
 Services: Provides one-on-one empowerment / strength-based driven sessions for teenage girls. Develops self-worth, esteem and builds competency.

LEAD4LIFE INC. – THERAPY

Affiliation/Service Area: Lead4Life / Frederick County
 Days/Hours: flexible
 Age: 10-24
 Contact Info: 301-672-4319 gauthier@lead4lifeinc.org
 Cost: fee varies
 Services: Therapists provide services in the home and community. Therapist are skilled working with high-risk youth with behavioral and emotional disorders.

LEAD4LIFE INC. – YOUTH STAR PROGRAM

Affiliation/Service Area: Lead4Life / Frederick County
 Days/Hours: flexible
 Age: 14-18
 Contact Info: 301-672-4319 gauthier@lead4lifeinc.org
 Cost: \$50/hour
 Services: Develops discipline and accountability in youth through a physical fitness. The program provides developmentally appropriate physical activities that are geared toward the youth's individual goals.

MENTAL HEALTH ASSOCIATION OF FREDERICK COUNTY

Affiliation/Service Area: none specified / Frederick County
 Days/Hours: hotline 24/7
 Age: All ages
 Contact Info: 301-663-0011 www.fcmha.org
 Cost: not specified
 Services: The Mental Health Association of Frederick County provides a variety of services: 24/7 phone support, referrals, and suicide prevention, professional therapy services, prevention of child abuse through education and support, creation of quality childcare environments, educational and advocacy regarding mental illness and promotion of good mental health.

ON THE MARK – ADOLESCENT CLUBHOUSE

Affiliation/Service Area: Frederick County Health Department / Frederick County
 Days/Hours: Monday – Friday 3:30 – 7:00 pm, Saturday 11:00 am – 5:00 pm
 Age: 12-17
 Contact Info: 301-600-1126 www.frederickcountymd.gov 350 Montevue Lane, Frederick MD

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Cost: free
 Services: The mission of the Activities Center is to provide a safe; community based adolescent clubhouse which provides developmentally appropriate services grounded in a peer-based support system. Activities: homework tutoring and GED assistance, computer lab, skills building and employment coaching, support group activities led by peer-recovery coaches, outdoor & indoor recreational activities, exercise, mediation, healthy cooking, snack and family night.

POSITIVE CHOICES FOR LIFE

Affiliation/Service Area: PADDD/ Frederick County
 Days/Hours: third Saturday of the month 9:30 am – 12:00 pm
 Age: 11-18
 Contact Info: 410-530-7455 paddd@comcast.net www.paddd.com
 Cost: \$50
 Services: 2 hour class taught once a month at the Law Enforcement Center on the third Saturday of each month. The goal is injury prevention and positive choices learned by the students during the presentation. There are 3 speakers, a nurse, an EMT, and a teen/young patient who has recovered from a crash.

PROJECT ALIVE

Affiliation/Service Area: Housing Authority / serving low income families in the City of Frederick
 Days/Hours: Monday – Friday 4:00 – 7:00 pm
 Age: 4-18
 Contact Info: 301-696-1875 projectalive@aol.com www.hacfrederick.org
 Cost: free
 Services: Housing Authority hosts several after school programs, including the Police Activities League at Lucas Village and several church sponsored after school programs at Carver and Lucas Village. They also offer educational enrichment programs for pre-k through high school.

SEED OF LIFE NURSERIES, INC.

Affiliation/Service Area: none / Frederick County
 Days/Hours: varies
 Age: 5-17
 Contact Info: 240-344-6533 solnurseries@gmail.com
 Cost: not specified
 Services: Seed of Life Nurseries provides food, educational programs and job assistance for local low income families.

STATIONS OF SUCCESS MARTIAL ARTS PROGRAM (SOSMAP)

Affiliation/Service Area: none specified / none specified
 Days/Hours: varies
 Age: 8-18
 Contact Info: 240-408-3478 nat_pailen@yahoo.com
 Cost: \$30.00/class
 Services: Life values taught through martial arts exercise. Each station has a life value paired with a martial arts exercise. The student learns the life value by performing the martial arts exercise.

THE ARC OF FREDERICK COUNTY

Affiliation/Service Area: none specified / Frederick County
 Days/Hours: varies
 Age: all
 Contact Info: 301-663-0909 www.arcfc.org 620-A Research Blvd., Frederick MD
 Cost: not specified
 Services: The Arc of Frederick County provides advocacy, access to resources, and assistance in increasing individual and family connections for people with developmental disabilities. The organization seeks creative solutions to help people with developmental disabilities attain their goals.

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TransIT Services of Frederick County

Affiliation/Service Area: Frederick County Government / Frederick County
 Days/Hours: office hours M-F 8:00 am – 4:00 pm operational hours M-Sat 5:30 am – 10:00 pm
 Age: all
 Contact Info: www.frederickcountygovernment.gov/transit
 Cost: varies, various purchase options available
 Services: TransIT provides transportation in Frederick County serving medical, employment, education, and shopping centers. Demand response paratransit services, commuter shuttles, Meet-the-MARC services, and commuter assistance is also available.

YMCA OF FREDERICK COUNTY

Affiliation/Service Area: YMCA / Frederick County
 Days/Hours: varies by location
 Age: all ages
 Contact Info: 301-663-5131 (N. Market Street branch) www.frederickymca.org
 Cost: varies
 Services: Membership organization that offers Health & Wellness programs; childcare; camps; sports; swimming and aquatics; dance and gymnastics; Head Start; before and after school care.

YOUTHFUL OFFENDER

Affiliation/Service Area: Frederick County State's Attorney's Office / Frederick County
 Days/Hours: varies
 Age: 12-17
 Contact Info: 301-600-1824
 Cost: \$50.00
 Services: Provides an alternative to the juvenile justice system. The program includes an educational component, site visits, guest speakers and community service, including with the Frederick County Fire Departments and Frederick County Parks.

We have a powerful potential in our youth, and we must have the courage to change
 old ideas and practices so that we may direct their power toward good ends

Mary McLeod Bethune

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OTHER

Car Seat Low Cost or Loaner Program

KIDS IN SAFETY SEATS (KISS)

Affiliation/Service Area: Maryland Department of Health and Mental Hygiene
 Contact Info: 800-370-7328
 Services: Car seat loaner programs and safety education

SAFE KIDS FREDERICK COUNTY

Affiliation/Service Area: Families Plus. Inc. / Frederick County
 Days/Hours: vary
 Age: birth - 19
 Contact Info: 301-694-9002 nboyd@familiesplus.org
 Services: Safe Kids Frederick County (SKFC) is a coalition of representatives from various agencies & organizations, all interested in preventing injuries to children. They meet the second Thursday of the month and welcome new members and volunteers. SKFC provides injury prevention presentations to community groups, parents, and caregivers as well as provides assistance with low cost car seats & bicycle helmets. SKFC also provides assistance with Bike Rodeos, Child Passenger Safety Technician Training, and child safety seat checkpoints. SKFC also participates in many community events each year.

Food Resources / Summer Meals Program

MARYLAND HUNGER SOLUTIONS

Affiliation/Service Area: none specified / none
 Days/Hours: Monday thru Friday 9:00 am – 5:00 pm
 Age: 18+
 Contact Info: 410-528-0021 www.mdhungersolutions.org
 Cost: free
 Services: Provides information on food supplement program (food stamps), free summer meals, and other nutrition resources

Health Care Enrollment

HEALTH CARE CONNECTIONS

Affiliation/Service Area: Frederick County Health Department / citizenship & income requirements
 Days/Hours: Monday thru Friday 8:00 am – 5:00 pm
 Age: Infant to Adult
 Contact Info: 301-600-8888 www.frederickcountymd.gov/healthcareconnection
 Cost: free
 Services: Assist clients with enrolling in Medicaid and other health insurances offered through the State marketplace.

Injury Prevention

POSITIVE CHOICES FOR LIFE

Affiliation/Service Area: PADDD / none specified
 Days/Hours: third Saturday of the month 9:30 am – 12:00 pm
 Age: 11-18
 Contact Info: 410-530-7455 padd@comcast.net www.padd.com
 Cost: \$50
 Services: 2 hour class taught once a month at the Law Enforcement Center on the third Saturday of each month. The goal is injury prevention and positive choices learned by the students during the

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presentation. There are 3 speakers, a nurse, an EMT, and a teen/young patient who has recovered from a crash.

SAFE KIDS FREDERICK COUNTY

Affiliation/Service Area: Families Plus. Inc. / Frederick County
 Days/Hours: vary
 Age: birth - 19
 Contact Info: 301-694-9002 nboyd@familiesplus.org
 Services: Safe Kids Frederick County (SKFC) is a coalition of representatives from various agencies & organizations, all interested in preventing injuries to children. They meet the second Thursday of the month and welcome new members and volunteers. SKFC provides injury prevention presentations to community groups, parents, and caregivers as well as provides assistance with low cost car seats & bicycle helmets. SKFC also provides assistance with Bike Rodeos, Child Passenger Safety Technician Training, and child safety seat checkpoints. SKFC also participates in many community events each year.

Short Term Exchange Program

EURO-AMERICAN STUDENT ALLIANCE

Affiliation/Service Area: none specified / none specified
 Days/Hours:
 Age: 13-19
 Contact Info: 240-575-4898 www.euro-americanalliance.us
 Cost: \$900-\$1200 + airfare
 Services: Student exchange organization, arranging short-term home stays for groups of American and European teens. The programs are 2-4 weeks in length and combine living with host families, visiting local sights and participating in interactive field trips to ensure a well balanced program.

Transportation

TransIT Services of Frederick County

Affiliation/Service Area: Frederick County Government / Frederick County
 Days/Hours: office hours M-F 8:00 am – 4:00 pm operational hours M-Sat 5:30 am – 10:00 pm
 Age: all
 Contact Info: www.frederickcountygovernment.gov/transit
 Cost: varies, various purchase options available
 Services: TransIT provides transportation in Frederick County serving medical, employment, education, and shopping centers. Demand response paratransit services, commuter shuttles, Meet-the-MARC services, and commuter assistance is also available.

Some luck lies in not getting what you thought you wanted but getting what you have, which once you have got it you may be smart enough to see is what you would have wanted had you known.

Garrison Keillor

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ORGANIZATIONS & CATEGORIES

211 – Hotline

4-H - Educational Programs, Summer Programs, Youth Services & Programs

Advocates for Homeless Families – Advocacy, Child & Family Services, Emergency Assistance

Aids Hotline – Hotline

Al-Anon/Alateen – Hotline

Alcohol Hotline – Hotline

Alcoholics Anonymous - Hotline, Substance Abuse

Allied Family Counseling - Child & Family Services, Mental Health, Substance Abuse

“ASK” Advocacy, Support, Knowledge – Advocacy Groups

Autism Society of America – Advocacy Groups, Child & Family Services,

Behavioral Health Services – Substance Abuse - Child & Family Services, Mental Health, Substance Abuse

Big Brothers Big Sisters - Youth Services & Programs

Boy Scouts of America - Youth Services & Programs

Boys & Girls Club of Frederick County - After-School Programs, Drop Out Prevention, Educational Programs, Mentoring, Recreation, School Assistance & Support, Summer, Youth Services & Programs

Butterfly Coaching - After-School Programs, Drop Out Prevention, Mentoring, Youth Services & Programs

CALM – Community Mediation and Conflict Resolution Center - Child & Family Services, School Assistance, Volunteer Opportunities, Youth Services & Programs

Camp Journey - Mental Health

Catoctin Counseling - Child & Family Services, Substance Abuse

Child Advocacy Center – Advocacy, Child & Family Services, Mental Health

Child Care Choices - Child & Family Services

Child Protective Services - Child & Family Services, Hotline, Youth Services & Programs

Children’s Mobile Crisis - Hotline, Mental Health, Youth Services & Programs

Civil Air Patrol - After-School Programs, Summer Programs, Youth Services & Programs

Department of Social Services - Child & Family Services

East Frederick Little League - Sports Programs

Employment Resource Center - Job Assistance

Etiquette For Everyday – After-School Programs, Educational Programs, Youth Services

Euro-American Student Alliance – Other: Short Term Exchange Program

Families Plus - Child & Family Services, Educational Programs, Mental Health, Pregnancy & Childbirth, School Assistance & Support, Substance Abuse, Volunteer Opportunities, Youth Services & Programs

Family Partnership - Job Assistance, School Assistance & Support, Youth Services & Programs

Family Preservation - Child & Family Services, Mental Health, Substance Abuse, Youth Services & Programs

Family Preservation Program, Department of Social Services – Child & Family Services,

FC Frederick - After-School Programs, Recreation, Sports Programs, Summer Programs, & Volunteer Opportunities

Four County Little League - Sports Programs

Frederick City Parks & Recreation - After-School Programs, Recreation, Sports Programs, Summer Programs, Youth Services & Programs

Frederick County Hotline – Hotline

Frederick County Parks & Recreation - After-School Programs, Recreation, Sports Programs, Summer Programs, Volunteer Opportunities, Youth Services & Programs

Frederick County Public Schools - Drop Out Prevention, Mental Health, School Assistance & Support

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Frederick County Workforce Services - *Job Assistance*
Frederick Memorial Hospital - *Mental Health*
Frederick National Little League - *Recreation, Sports Programs*
Frederick Police Activities League - *After-School Programs, Educational Programs, Mentoring, Recreation, School Assistance & Support, Sports, Summer Programs, Youth Services & Programs*
Frederick Rescue Mission - *Substance Abuse, Summer Programs*
F.R.I.E.N.D.S. – *Advocacy, Child & Family Services*
Girl Scout Council of the Nationals Capital - *Summer Programs, Youth Services & Programs*
Golden Mile Soccer - *Sports Programs, Volunteer Opportunities*
Habitat For Humanity - *Volunteer Programs*
Health Care Connections – *Other: Health Care Enrollment*
Heartly House – *Hotline*
Key City Roller Derby – *Recreation Programs, Sports Programs*
Kids In Safety Seats (KISS) – *Other: Car Seat*
Kids Like Us - *Child & Family Services*
Lead4Life, Inc. – Parent Mentoring Program - *Child & Family Services, Mentoring*
Lead4Life, Inc. – Ready 4 Work Program - *Job Assistance, Youth Services & Programs*
Lead4Life, Inc. – Social & Clinical Mentoring Program - *Mentoring, Youth Services & Programs*
Lead4Life, Inc. – Teenage Girl Empowerment Sessions - *Mentoring, Youth Services & Programs*
Lead4Life, Inc. – Therapy - *Mental Health, Youth Services & Programs*
Lead4Life, Inc. – Youth Star Program - *Mental Health, Youth Services & Programs*
MADD – *Advocacy Groups*
Man2Man - *After-School Programs, Job Assistance, Mentoring*
Maryland Hunger Solutions – *Other: food resources & summer meals program*
Maryland Science Olympiad - *After-School Assistance, Drop Out Prevention, Mentoring, School Assistance & Support, Summer Programs*
MD Choices - *Child & Family Services*
MD Youth Crisis Hotline – *Hotline*
Mental Health Association – *Advocacy Groups, Child & Family Services, Educational Programs, Hotline, Mental Health, Youth Services & Programs*
Middletown Valley People Helping People - *Child & Family Services, Emergency Assistance*
Mothers Against Drunk Driving (MADD) – *Other*
Mt. Airy Net - *Child & Family Services, Emergency Assistance*
Multi Systemic Therapy - *Mental Health, Substance Abuse*
National Suicide Prevention Lifeline – *Hotline*
On The Mark – Adolescent Clubhouse – *After-School Programs, Child & Family Services, Drop Out Prevention, Educational Programs, Job Assistance, Mental Health, Mentoring, Recreation, School Assistance & Support, Sports Programs, Substance Abuse, Volunteer opportunities, Youth Services & Programs*
Operation Runaway – *Hotline*
Partners for Success – *Child & Family Services, Educational Programs, School Assistance & Support*
Poison Center – *Hotline*
Positive Choices for Life - *Drop Out Prevention, Youth Services & Programs, Other: Injury Prevention*
Project Alive – *After-School Programs, Job Assistance, Mentoring, Recreation, School Assistance & Support, Summer Programs, Volunteer Opportunities, Youth Services & Programs*
Rape Crisis Hotline – *Hotline*
Red Cross - *Summer Programs, Volunteer Opportunities*

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Safe Kids Frederick County – *Advocacy Groups, Child & Family Services, Educational Programs, Volunteer Opportunities, Other: Car Seat, Injury Prevention*

Salvation Army - *Child & Family Services, Emergency Assistance*

Seed of Life Nurseries – *After School Programs, Job Assistance, Summer Camps/Programs, Volunteer Opportunities, Youth Services.*

Seton Center Outreach Program - *Emergency Assistance*

Special Delivery Program – *Pregnancy & Childbirth*

St. Vincent DePaul Society - *Emergency Assistance*

Stations of Success Martial Arts Program - *Mentoring, Recreation, Sports Programs, Youth Services & Programs*

Teen Child Birth Education – *Pregnancy & Childbirth*

The ARC of Frederick County - *Child & Family Services, Educational Programs, School Assistance & Support, Volunteer Opportunities, Youth Services & Programs*

The Frederick Youth Center - *Child & Family Services, Mentoring, Recreation, School Assistance & Support, Volunteer Opportunities*

TransIT Services of Frederick County – *Youth Services, Other: transportation*

Workforce Development Program - *Job Assistance*

YMCA of Frederick County - *After-School Programs, Child & Family Services, Recreation, Sports Programs, Summer Programs, Volunteer Opportunities, Youth Services & Programs*

Youthful Offender Program - *Child & Family Services, Youth Services & Programs*

If your organization has a program or service that you would like to be included in future editions of the Youth Resource Guide please contact:

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A PDF version of this guide can be downloaded at:

www.cityoffrederick.com/police
www.frederickcountymd.gov/ocf